

Heartbeat Car & Driver supplements

Inside

National News

by Robert N. Taylor

President Clinton seeks out black media

To answer the question, "Who loves you baby?" President Clinton, and his administration, has given more attention to African-American media in past months than previous administrations throughout their entire tenure. In an aggressive and unprecedented program, Clinton Administration officials have met with black radio, television and newspaper reporters to take their message to African Americans.

American Urban Radio Network hosted and broadcast the President's weekly radio address with South African President Nelson Mandela. Also, both Clinton and Vice President Albert Gore have spoken with black radio talk show hosts. Clinton was interviewed by black radio stations WULB in New York, WDAS in Philadelphia, WDMA in Memphis, and WULB in Detroit. Vice President Gore appeared on the Tom Joyner Morning Show, broadcast on radio stations nationwide.

Gore also reached out to blacks via *The Joe Madison Show* on the TPT News Network, KBXX in Houston hosted by Robin Bredend, and *Stevie Wonder's KULT* in Los Angeles, and Chris Bremner's KPRZ station in Seattle. In his second appearance on Black Entertainment Television in two years, the president met with citizens across the country. President Clinton was interviewed by the *Cleveland Call & Post*, the oldest and largest black newspaper in Ohio and a member of the National Newspaper Publishers Association.

WASHINGTON, DC

Louisiana agrees to integrate university system

Louisiana higher education officials recently agreed to spend \$60 million to integrate the state's 18 universities, ending a 20-year federal lawsuit. The state has 18 universities, including the predominantly black Southern University system and the predominantly white Louisiana State University system. Each system has multiple campuses. Federal attorneys have contended Louisiana operated a dual system of higher education, which state officials denied.

The \$60 million plan calls for new undergraduate and graduate programs at the mostly black universities to attract white students and new graduate programs at the mostly white schools to attract black students. The plan calls for more scholarships and recruiters at every campus—both white

(Continued on page 3)



CITY News

THE NEW JOURNAL OF CIVILIZATION

Right revolution wins

Page 3

The political arena of Essex County

As Connie sees it...

Page 4

Analysis of election '94

by Connie Woodruff

East Orange Mayor Cardell Cooper won a long, bitter and exhausting battle to become the Democratic candidate for Essex County Executive, but in the end he lost the war to his Republican challenger, Verona mayor and Freeholder, Jim Treffinger.

Although U.S. Senator Frank Lautenberg and Assembly Speaker Republican "Chuck" Haytaian were engaged in a high profile election that had national significance, eyes of Essex County residents were riveted on Cooper and Treffinger.

Political pundits had predicted voter turnout would be the key to victory and a series of Cooper/Treffinger debates

throughout the county stimulated interest late in the campaign.

Since registered Democrats have a 2 to 1 edge over registered Republicans in Essex County, Democratic victories are a given. But politics took a strange twist this year. Cooper found himself face-to-face with a formidable challenger in the primary election when Democratic chairman Tom Giblin entered the fray at the behest of friends and supporters.

Neither man anticipated a tie-vote that would keep them busy throughout the summer when candidates raise money and set up campaigns for the fall.

While the Democrats were headed for a court decision to end the stalemate, Treffinger was busy planning campaign strategy and

raising tons of money.

In the interim Democrats were self-destructing by dividing themselves into two camps. When Giblin finally decided to step aside "for the good of the party and a victory on November 8," the party was in shambles.

When Giblin urged Democrats to get behind Cardell Cooper there was so much bitterness because of personal loyalties and racial differences that it was impossible to fathom how much damage was done and it was obvious Cooper's candidacy was decidedly weakened. Was race a factor in the election? All of the principals say no. But certain facts point to a possibility.

There is no denying voters in Newark, East Orange, Orange, Montclair and Irvington with minority concentrations campaigned

vigorously for Cooper while predominantly white suburban Essex was overwhelmingly supportive of Treffinger.

A majority of the "debates" were held in suburbia while limited in city appearances. The last three weeks of the campaign Treffinger blitzed the suburbs with a direct mailing strategy never seen before by local residents. Every brochure contained pictures of Cooper coupled with anti-Democratic Party propaganda.

Intended or not, it was a daily reminder that Cardell Cooper was an African American who talked reform but part of the tax and spend Democratic Party.

It was reverse psychology that effectively did what it was intended to do. Send a

(Continued on page 10)

East Orange hosts First Lady of Ghana

by Jan Johnson

"When women are given responsibility, the heavens are the limit," according to the First Lady of Ghana, Nana Konadu Agyemang-Rawlings, speaking before a packed luncheon on her recent visit to the U.S. The First Lady's words were welcomed as the spoke of organizing women into the 31st December Women's Movement of Ghana.

Mrs. Rawlings told the audience how Ghanaian women are taught to understand politics. She told them that they should look at what the politicians are doing for them, for their children and for their community as a whole. "Politics has nothing to do with growing beads," she assured them. The women's movement has been responsible for electing 19 women to office in 1994. She cautioned women to vote for people who are keenly

aware of their struggle.

The non-governmental organization founded in 1982 by Mrs. Rawlings functions to help Ghanaian women conceive, plan and implement income generating projects that promote empowerment. Over 870 day care centers have been formed since its inception, herbal clinics, several major distribution companies of local products including cocoa, maize, beans, cowpeas, rice, cloth and textiles, fishing and rice marketing.

Sponsored by the New Jersey Women's Collective and the office of Mayor Cardell Cooper, luncheon activities included remarks by Mayor Cooper and Edwin Spivey-Garbarh, Ghana's ambassador to the U.S.

Presentations were given by Senator Wynona Lipman, Assemblywoman Nita H. Gill, Joyce Harley, president, Delta Sigma Theta Sorority Montclair Alumnae Chapter, Mrs. Sandy Cooper and Lorna K. Johnson.



East Orange Mayor (l) Cardell Cooper and wife Sandy (r) host Queen Nana Konadu Agyemang-Rawlings of Ghana.

Photo: Jan Johnson

Kirkland bucks odds and wins Republican seat

by Sherry Burrus

The GOP may have taken control of the House and Senate, but victory wasn't as sweet for the Republicans in the Plainfield city council elections, as the Democrats prevailed in all three races, proving that not all Americans were the anti-Democrat wave.

In the battle for Councilperson-at-large for the 2nd and 3rd Wards, Democrat Jerome Kirkland defeated Republican Donna Vose and Independent D. Scott Berlin.

Kirkland says he looks forward to his newly elected position and feels comfortable with the newly formed city council.

"I'm coming to the city council as a team player. We have to put Plainfield first and that will be one of my first initiatives. I hope

to be another ingredient that will take us into the year 2000."

According to Kirkland, he'd like to start meeting with neighborhood associations by the first of the year to hear the concerns of the citizens first hand.

In the other races, Democratic appointee Joseph Scott Sr. upset Republican Harvey Judkins as he won the seat for Councilman-at-large for the 4th Ward, and Councilwoman Elizabeth Urquhart, who ran unopposed captured the seat again for the 1st Ward.

Councilwoman Urquhart said riding crime and drugs is paramount in the city of Plainfield as well as creating economic development projects such as the Teppery project, the reconstruction of a five-story department store building to provide parking, stores, office space and residency in

downtown Plainfield. "We have to do something to stabilize the taxes," said Urquhart.

According to Councilwoman Urquhart, Kirkland has a natural concern for all citizens of Plainfield and she feels confident about the outcome of the elections.

"Kirkland is a person that is really concerned with everyone in the city and not just concerned about their ward. He's very objective and I'm very happy with him."

More importantly, Kirkland's victory over Vose will prove to be most crucial as it will open the door for the approval of Mayor Mark Fury's proposed budget plan. Some of the provisions in the Mayor's no tax increase budget includes the laying off of 16 city employees as a way of not increasing property taxes, but created five new positions within the administration, freezing non-uniformed

city officials salary between January and June of 1995 saving taxpayers \$90,000.

The approval of the mayor's proposed budget, for the last several months, has been prolonged due to the opposition of Vose, the now 2nd Ward council representative, and former temporarily appointed 2nd and 3rd Ward Councilman Edward Sitar who would like to make additional cuts amounting to nearly \$700,000 in the budget. Some of the additional cuts, which did not include the consent of the Democrats, would include the elimination of the five new positions and restoring eight firefighter vacancies.

On Sunday, October 30, the council majority, Vose, Sitar, Malcolm Dunn and James Green, met illegally to ensure that the additional cuts to the city's budget be finalized

(Continued on page 9)

Child-Care facility named for Corrina Kay Williams

EAST ORANGE—In a recent ceremony, the East Orange Child Development Corporation (EOCDC) officially dedicated its new two story brick "state of the art" office and classroom building in memory of Corrina Kay Williams, late educator and East Orange Councilwoman. Located at 50 Washington Street, the building houses four new Head Start classrooms, which serve approximately 80 additional pre-schoolers, and is the new headquarters for the child care agency.

Corrina Kay Williams, who passed away on April 21 this year, was elected to the East Orange City Council last year and took office January 1. She was a long time educator, a former vice principal at Newark's Central High School, former vice-president of the East Orange Board of Education and served many years on the pre-school's board of directors. It was her tireless effort in community service and her dedication to children that prompted EOCDC to name the building after her.

Sarah Hansford, Executive Director of the Child Development Corporation, said the non-profit federally funded agency, now provides day care, educational, social and health care services to approximately 400 children and their families city-wide, hopes

to further expand the agency's level of service. She said the agency still has a waiting list of over 1,000 children and families who need to be involved in head start programs.

The dedication marked the actual grand opening of the site, including a ribbon cutting ceremony with East Orange Mayor Cardell Cooper doing the honors, a grand tour of the building, program activities and lunch.

Mayor Cooper said the opening represented "the coming together of vision, commitment and hard work" which helps ensure that "our children will have a bright future."

Rep. Payne noted that the Clinton administration has focused more attention on child care, assisting Head Start agencies in obtaining better facilities. Calling the East Orange site a beautiful place, he said, "this kind of bright, airy and colorful environment has a most positive, psychological effect on children." Payne said if the billions of dollars being put into jails was put into places like this child development agency, jails would not be needed.

The Child Development Corporation in East Orange receives most of its funds from the U.S. Department of Health & Human

(Continued on page 9)



East Orange Councilman Clinton Williams, husband of the late Corrina Kay Williams visits with head start youngsters during the grand opening and dedication ceremonies of the East Orange Child Development Corporation's new facility. Photo: Lloyd G. Holmes.

Community Calendar

NOW THRU JANUARY 19

JERSEY CITY—Hudson County Community College's Continuing Education Department is offering several computer classes this fall. For more info call 201-714-2107.

NOVEMBER 16

JERSEY CITY—The Hagan Africana Studies Center of Jersey City State College will present four programs as part of the fall luncheon and video discussion series, "The Best of Like It Is" from Gil Noble's Archives. The programs will be from 12 p.m. to 2 p.m. in the Irwin Library on JSC's campus. For more info call 201-200-3426.

NOVEMBER 17

SUMMIT—There will be a workshop on "Sculpture Casting-Portraits." Gerald Sciallone shows you how to make unique keepsakes of or for your family and friends—in living 3-D. 12:30 p.m. to 3 p.m. at the New Jersey Center for Visual Arts. For more info call 908-273-9121.

NOVEMBER 16, 21, 28

JERSEY CITY—The Center for Technology and Teaching of Jersey City State College will offer four workshops for teachers in November. For more info call 201-200-3094.

NOVEMBER 16-17

JERSEY CITY—Jersey City State College will hold a free open house entitled "Geography Awareness Days" from 11 a.m. to 4:30 p.m. on the sixth floor of JCSC's Ross Hall. For more info call 201-200-3161.

NEWARK—Healthy Mothers/Healthy Babies of Essex, Inc. will sponsor a live and silent auction from 4:30 p.m. to 9 p.m. at the Newark Club. For more info call 201-622-9900, ext. 246.

PLAINFIELD—Plainfield Action services will be sponsoring a PSE&G Workshop at the City Hall Annex from 10 a.m. to 12 p.m. For more info call 908-753-3526.

CRAWFORD—Declaration of Independence, a non-credit course, will be offered at Union County College's Crawford campus from 7 p.m. to 9 p.m. For more info call 908-709-7600.

NOVEMBER 17-18, 20

ELIZABETH—"Six Degrees of Separation" will be performed at Union County College's Elizabeth Campus Theater. For info on times, call 908-965-2996.

FRIDAY, NOVEMBER 18

GARWOOD—Urban League of Union County celebrates 50 years of service, and invites you to celebrate with them. Keynote speaker for the evening will be the League's CEO Hugh B. Price. For more info call 908-351-7200.

NOVEMBER 18-20

MONTCLAIR—Montclair State University will host a "Foreign Language Immersion Program" at the Center for Continuing Education. For times and other info call 201-655-4353.

MANHATTAN—The Frances Taveri Museum's family program, "Music in the Museum," will feature an African instrument-making workshop and the Jubilate Choir from Irvington, NJ from 12 p.m. to 4 p.m. For more info call 212-425-1778.

NEWARK—The Caribbean Students Organization (CARISO) at NJIT announces its annual "Caribbean Extravaganza" from 6:30 p.m. to 11:30 p.m. at the Hazel Student Center at NJIT. For more info call 201-696-3612.

NOVEMBER 20

NEWARK—New Jersey Institute of Technology (NJIT) presents the first annual "College Fair" from 1 p.m. to 3 p.m. For more info call NJIT.

NOVEMBER 21

PATTERSON—Eastside High School will have their Annual Coronation Ball and Dance at 8:30 p.m. in the gym. For more info call 201-861-6314.

NOVEMBER 22

PLAINFIELD—The Plainfield Board of Education will conduct a committee discussion at 7 p.m. in the P.H.S. Conference Room.

WEDNESDAY, NOVEMBER 30

PLAINFIELD—The challenge to school funding, with speaker Marilyn Morhouse at Plainfield High School auditorium at 7 p.m.



Tariq Wilson of Elizabeth, was honored by Union County Freeholders for his heroic actions in holding a suspected carjacker outside of Walgreen's Pharmacy in Linden.

Mack C. Williams, President of the NAACP received a resolution from Union County Freeholders in recognition of the branch's 60th anniversary.

Estella Moreau appointed to Commission On Higher Education

TRENTON—Estella Moreau of Jersey City, a senior at Jersey City State College, has been appointed to the New Jersey Commission on Higher Education. Moreau was sworn in at ceremonies conducted in Trenton on October 28.

Moreau, will serve one-year term as a non-voting member of the Commission. She will also serve on the Commission's Task Force on Funding and Tuition Establishment, which is responsible for making recommendations on long-term funding issues to the full Commission.

M. John Richard honored for community service



M. John Richard of Plainfield and senior vice president of development and public affairs for the New Jersey Performing Arts center was recently honored at the third March of Dimes Community Service Awards Banquet held at the Newark Club. Attended by close to 200 people, the banquet raised more than \$23,000 for the March of Dimes Campaign for Healthier Babies.

Girl Scouts seek nominations for Women of Distinction award

The Girl Scout Council of Greater Essex County has announced that it is currently accepting nominations for the Annual Women of Distinction Awards Luncheon.

Nominations should be women who have made substantial efforts to improve the world which in they live. Their lives and contributions should be identified with one of Girl Scout's five "world of interest": arts, full-time, people, out-of-doors, and money and money. Nominations deadline is December 1, for additional information please call 201-746-8200.

'95 Pictorial calendar celebrates African-American women from age 6 months to 103 years old

NEW YORK—"The many faces and faces of contemporary African-American women are celebrated in the 1995 inspirational, pictorial calendar *Survival of the Sistahs: A Positive Look at Today's African-American Female*.

Survival of the Sistahs is the second in a series of African-American positive image calendars published by Harlem-based mother-son team Christine and Paul Phillips. Last year, their company Amanda Productions won national acclaim for the debut calendar *"From the Seedling to the Tree"* which honored young African American men and boys.

"For me, the calendar *Survival of the Sistahs* is a message of support for black women," explains Paul, who photographed the calendar. "Each photograph projects a different theme. We tried to capture black women's sensitivity, their leadership, their beauty, their kindness, and their experience."

Survival of the Sistahs focuses on a wide spectrum of contemporary African-American women from ages six months to 103 years old. The series of stirring black & white photographs include "Urban Divas," featuring Motown Records' funky girl group 1969 as four home girls with an attitude that's fly, fun and flirty. Five generations of a Brooklyn family from daughter to great grand-mother is specially featured in the aptly titled "Legacy."

"Ancient Soul," a portrait of an adorable six-month-old, and "Friendship," showing the real life camaraderie of three junior high school friends. The calendar cover "Full Metal Jacket" blasts confidence and self-assurance and "Sistahs," are two sisters in college.

"Creative Meditation" celebrates the meditative ritual of hair braiding with an actual hair stylist and her client. There's the elegant photo "Black Bride" and "The May" which pictures a beautiful woman in her seventies. "En Vogue" is a salute to fashionably stylish African-American women and "Mother, Daughter,

Sister, Wife, Lover, Friend" is a subtle triple portrait. "Every Woman" is a group shot that showcases a spectrum of complexions of black women. "We dealt with the color issue there," explains Paul. "We have many different shades of black women. This is how we come."

Coordinating *Survival of the Sistahs* was a true family affair for the Phillips. Not only did Paul and Christine Phillips head the project, but Paul's wife and sister volunteered their time and skills as advisors. The women featured in *Survival of the Sistahs* come from varied backgrounds. Some are professional models, others are friends of the Phillips family, and several are groups of families.

"The calendar wasn't a beauty pageant," stresses Christine Phillips. "We wanted to show the different roles that women play, despite our historic and current problems. Black women exhibit great strength, determination, and perseverance," she continues. "They've had to be the core and the backbone of the family. And, they have survived no matter what has been put upon them."

Christine Phillips is a 30-year veteran educator who has been a principal and assistant principal in Harlem and Brooklyn public schools. For several years, she has been an officer on the board of Black Women in Publishing. Paul Phillips, a professional photographer, is a graduate of New York's School of Visual Arts and a technical director for Tribune Broadcasting in Manhattan. *Survival of the Sistahs* was independently published by Paul's company Amanda Productions, which means power in Swahili. Amanda's motto is "Don't get mad, get busy."

In addition to the 1995 calendar *Survival of the Sistahs*, Amanda continues to celebrate positive images of young black men through a series of posters and greeting cards selected from the popular 1994 calendar *From the Seedling to the Tree*. For ordering information, please call 1-800-453-9235.

Send Community Calendar events to
City News,
P.O. Box 1774 Plainfield, NJ 07061



Bill Richardson, (c) was recently honored by The National Association Market of Developers (NAMD) with its Herbert H. Wright award, an honor given to African-American corporate executives for their outstanding leadership in business and civic endeavors. Richardson is vice president of Community and Trade Relations for Schieffelin & Somerset Co. in New York City. Pictured L-R: David Vaughan, President of the New York City Chapter of NAMD, Bill Richardson, and Yvonne Pearson, National President of NAMD.

Susan L. Taylor to receive Rose Fitzgerald Award

NEW YORK—Susan L. Taylor, editor-in-chief of *Essex* magazine, will be awarded the Rose Fitzgerald Kennedy Award created to honor women of color role models. The award will be presented by Mrs. Joyce Dinkins, former first lady of New York City, at Brooklyn's Borough Hall.

Sister Sally Butler, executive director of the Rose F. Kennedy Family Center says, "...Because the public's image of women of color all too often fails to consider their successes and accomplishments, our award is intended to focus on their many positive contributions."

The ceremony also serves as a benefit reception to raise funds for The Rose F. Kennedy Family Center, a residence for homeless pregnant and parenting teens and young women. The Center offers a safe and pleasant home as well as daycare, counseling, parenting, and life skills classes and assistance in locating permanent housing. Residents are required to continue their education. Several alumnae now boast college degrees. Single parenting, an experience Susan L. Taylor had in common with thousands of other women, has made



Susan Taylor

her sensitive to a host of related issues that concern young women. She has said of being a single parent, "After the breakup of my first marriage, I realized it was my sole responsibility to feed, clothe and educate my daughter. This empowered me and compelled me to live my life with purpose. My daughter has been my anchor."

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National News

by Robert N. Taylor

(Continued from page 1)

and back—to attract students of other races.—

WASHINGTON, DC

Congressional campaign spending up again

If you voted for a senator or congressional representative in recent elections, yours was a very expensive ballot. Candidates this year for the House and Senate spent nearly \$450 million, an 18 percent jump from two years ago. The median spending of current House Democrats was \$375,448 and House GOP incumbents' median spending was \$292,297. The Democratic Congressional Campaign Committee spent more than \$6 million on its candidates, compared with \$1.2 million by the National Republican Congressional Committee.—

WASHINGTON, DC

Two Georgia men indicted in racially motivated shooting

The Justice Department has reported that two Georgia men who shot randomly into the homes of blacks have been indicted by a federal grand jury in Savannah. The five count indictment charged Stevie Alan Lee and Matthew Jarrard, both white and residents of Alma, Georgia, with violating federal civil rights laws by intimidating African Americans.

The indictment alleges that on November 15, 1990, as Jarrard drove his pickup truck through a predominantly African-American neighborhood, Lee, using Jarrard's rifle, fired several shots into the homes of Betty Cook and Patricia Wooten while the women, and their families, were inside. The shootings were the culmination of a series of racially motivated acts by the defendants and others intended to intimidate African-American residents in the neighborhood.—

ATLANTA, GA

O.J. Simpson trial: singling out black jurors by using black newspaper

Dennis Schatzman, the Black Press of America's reporter in the courtroom where O.J. Simpson is being tried, reports that potential black jurors were "questioned longer and more harshly." He said that prosecution had an established process of segmenting and segregating blacks from the rest of the potential jury pool. He states that the process began with the "O.J. Simpson Juror Questionnaire." The 294-question document shows that there was an attempt to ferret out potential black jurors by asking if the person read the *LA Sentinel*, a black-owned newspaper.

Schatzman reports that in Question No. 247 the prospective juror was asked, "What magazine and newspaper, if any, do you subscribe to?" Ten publications were listed: *Time Magazine*, *U.S. News and World Report*, *Newsweek*, *People*, *The New Yorker*, *LA Magazine*, *The Daily News*, *The Los Angeles Times*, *USA Today* and *The LA Sentinel*. On Question 245, which asked: "Do you read a newspaper on a regular basis?" Again the *Sentinel*, a weekly publication, stood apart from the three daily publications listed.—

LOS ANGELES, CA

Black press' oldest publication reaches 110-years-old

The *Philadelphia Tribune* is the Black Press of America's oldest continually published publication. Publisher Robert W. Bogle has announced that the nation's oldest black newspaper will celebrate 110 years of publishing on Friday, November 18, 1994.—PHILADELPHIA, PA

Aristide's premier accepted

Haiti's Parliament has approved President Jean-Bertrand Aristide's selection of Smark Michel, a 57-year-old businessman, as the country's prime minister to replace caretaker Prime Minister Robert Malval. Michel is expected to assume the office before the end of the year. Parliamentary elections are scheduled for Haiti in December.—HAITI

Right revolution wins

WASHINGTON, DC—Do not mistake what happened on Tuesday. A "right revolution" took place.

Not since World War II has Congress seen such dramatic change. Republicans gained over 50 new seats in the House (the outcome of about 8 races is still pending) and 8 new Senate seats—plus one switch (Richard Shelby of Alabama switched from Democrat to Republican). While the initial words of Democrats and Republicans were bipartisan and sweet

and low, it won't last. The Democrats who remain are generally more liberal and the new Republican majority is more conservative. The only counter to prevent Clinton from leaning in to the Republican right and conservatives in his own party, if he is to be countered, is his base—people of color, workers, women and progressives.

The election results send a clear message—unless real Democrats offer real hope, based on real changes

voters will choose real Republicans. If a Democratic Congress can't deliver health care, an urban policy or investments in our economic future, voters will choose false hope and a counter-revolution—tax cuts for the rich, an increase in military spending and a balanced budget. Sound familiar?

Republicans signed a "Contract with America." Democrats signed a "suicide pact" with each other. Most Democratic candidates ran away from

the President, some Democrats even ran commercials against him. Democrats ran away from their legislative and political achievements. Democrats also ran against their base, using so-called "tough-on-crime" and "welfare reform" commercials. Progressives certainly should not be tolerant of crime nor defend unworkable and dehumanizing welfare programs, but neither should they tolerate Republicans or Democrats using covert race signals in their (crime and

welfare) commercials to get elected to office.

While progressives and people of color may lose later with regard to social policies, the Democratic Leadership Conference (DLC), the "moderate" Democratic organization formed to offset the influence of the National Rainbow Coalition after the 1984 presidential campaign, to appeal to white males, and to pull the Democratic Party back to the

(Continued on page 9)



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KidsCalendar

NOVEMBER 16

JERSEY CITY—The Jersey City Museum will exhibit local kindergarten through 12th grade art from 2 p.m. to 5 p.m. For more info, call 201-547-4379.

NOVEMBER 17, 30

ENGLEWOOD—"Alice in Wonderland" will appear at the John H. Kline Center for the Arts Yales Musical Theater at 3 p.m. for both shows. For more info, call 201-567-3600.

NOVEMBER 19

NEWARK—The New Jersey Institute of Technology's (NJIT) Educational Opportunity Program (EOP) presents the 2nd Annual Educational Empowerment Breakfast for Community/Religious Leaders and Concerned Parents at the Wilson Alumni Center, Seminar Room from 8:30 a.m. to 11:30 p.m. For more info, call 201-596-3660.

JERSEY CITY—There will be a free skating workshop for children ages 8 to 12 and the adults accompanying them at the Jersey City Museum from 1:30 p.m. to 3 p.m. Call 201-547-4380.

NEWARK—Conroy Warren will perform West Indian music, dance and stories at the Newark Public Library in the Fourth-Floor Auditorium. For more information call 201-733-9543.

NOVEMBER 20

NORTH BRANCH—Back Street Productions presents the Prince Street Players in "Pinocchio" at the Prince Street Community College's Edward Nash Theater at 1 p.m. and 3 p.m. to 6 p.m. For more info, call 908-725-3420.

NOVEMBER 22

SUMMIT—The NJ Center for Visual Arts presents "Holiday Pop-up Cards" (ages 5-8) by instructor Lynette from 3:30 p.m. to 5 p.m. Call 908-273-9121.

Send Kids Calendar

events to:

City News

P.O. BOX 1774,

PLAINFIELD, NJ 07060

Design a fire station—and win college scholarships

NEWARK—High school students who love to draw can use their artistic talents to win college scholarships in the 1995 National Architecture Design Competition sponsored by New Jersey Institute of Technology.

Top prize is a five-year full-tuition scholarship to NJIT's School of Architecture, valued at \$25,000 in-state and \$55,000 out-of-state; second prize is a five-year half-tuition scholarship; and four third place winners will receive \$250 cash prizes.

The theme of this year's competition is "A Fire Station For Your Community." Students will be provided with a set of project guidelines to incorporate their own creativity and talent to design a fire station that meets the needs of local firefighters and members of their community.

All students attending high school in the United States are eligible for the competition. Projects must be sponsored by a teacher from the entering student's school, but all work must be done by the student. Projects can be created either free-hand or with the

assistance of a computer.

Entry forms must be postmarked by Friday, January 27, 1995. Competition information packets will be mailed to entrants on Tuesday, February 14, 1995. The deadline for project submission is Thursday, March 30, 1995 and winners will be announced on Monday, May 1, 1995 during the School of Architecture Awards Ceremony.

To receive an entry form or for more information call (201) 596-3080, in NJ 1-(800) 222-NJIT, or write: Dr. Sandy Moore, High School Design Competition Coordinator, School of Architecture, New Jersey Institute of Technology, University Heights, Newark, NJ 07102-1982.

Plainfield students attend Rutgers minority affairs course

PLAINFIELD—Two students at Paul Robeson School in Plainfield were chosen to take part in the minority outreach program at Rutgers University. Tanya Brown, a twelfth grader, and Lataisha Johnson, in the tenth grade, were selected based on their grade point average, their extracurricular activities and their written responses to two essay questions.

The pair will attend classes and workshops at Rutgers' Paul Robeson Cultural Center from November 9 through the 13 on minority affairs. The course offers the students study in African American cultural enrichment

and awareness of themselves, others and the community around them.

The essay questions the two had to answer were, "Why do you want to participate in the program?" and "Where do you see yourself in 10 and in 50 years?" Each year Rutgers University chooses 30 to 35 minority students to participate in the program, mostly seniors and juniors in high school, from 58 school districts.

Essay contest sponsored for local girls scouts

NEWARK—The Girl Scout Council of Greater Essex County announced that it will sponsor a Cadette and Senior Girl Scout Essay Contest as part of its Third Annual Women of Distinction Luncheon.

The essay, a 500 word or less essay expressing what one of the Five World of Girl Scouting means to

them, is due before December 1 at 5 p.m. Interested Cadette and Senior girls age 11 to 17 or in the sixth through 12th grades, should contact the Girls Scout of Greater Essex County at the Service Center, 120 Valley Rd., Montclair. Contest winners will be announced at the April 6, 1995 luncheon, which honors women whose

NJIT sponsors Educational Empowerment Breakfast

NEWARK—NJIT will sponsor the 2nd annual Educational Empowerment breakfast on November 19th at NJIT's Wilson Alumni Center, Seminar Room from 8:30 a.m. to 11:30 a.m.

The purpose of the breakfast is to form a resource base, in addition to the public school system, which will acquaint, refer and encourage com-

munity youth to participate in educational programs.

Representatives from the Educational Opportunity Program, the Student Support Services Program and NJIT's Pre-College Programs will be present to discuss the full range of programs and services available to students from the third grade to their first year in college.

Chairman, "MATHCOUNTS is critical because it targets junior high school students, a crucial age in sustaining and developing interest and abilities in math."

Dharapuram anticipates hundreds of volunteers will help the program by coaching students and conducting competitions. About 17,000 volunteers nationwide will participate.

Participation in the program affords students the opportunity to be coached in such accelerated math topics as probability, statistics, linear algebra, and polynomials.

For more details about MATHCOUNTS in New Jersey, contact Kim Errico at 609-393-0099. The program is sponsored by the NJSPE Educational Foundation, which is providing materials to schools free.

New Jersey engineers initiates junior high school math program

TRENTON—This fall, 7th and 8th grade students in New Jersey will have the opportunity to participate in MATHCOUNTS, a nationwide math coaching and competition program.

MATHCOUNTS promotes math achievement with all the challenge of a school sports event. Student "mathletes" train individually and in teams, have the opportunity to compete in local, state, and national competitions.

Prizes are awarded at all levels. State winners receive a free trip to Washington, D.C., for the national finals. National winners receive scholarships and trips.

"Building the math skills of our students is a national priority," says Srihar Dharapuram, PE, NJSPE's MATHCOUNTS

Newark schools offer a variety of activities for Education Week

NEWARK—Executive Superintendent Eugene C. Campbell has extended an invitation to parents, community leaders and elected officials to visit Newark schools during American Education Week, November 14 through 18, 1994.

The Executive Superintendent said the national theme, "Building the Future - One Student at a Time," reflects the thinking of educators in Newark as well.

"We believe the theme coincides with the philosophy of our Reform program which emphasizes the important contributions of every student and every educator," said Campbell.

The elementary schools are open from 8:45 a.m. to 2:45 p.m. and the secondary schools will be open from 8:30 a.m. to 2:30 p.m. "We encourage individuals who wish to visit the schools to call first. In addition, all

visitors are asked to sign in upon entering a school building," he said.

The week will be full of many interesting activities in the schools as students display projects for Puerto Rican Heritage Month, Math and Computer Fairs, as well as papers, projects and awards for various other competitions and exhibitions.

Abington Avenue School, 209 Abington Avenue, has designated the week as a time to learn about caring and how schools bring communities together. The school's PTA will collect canned goods for Thanksgiving baskets to be distributed to families in the area.

Dayton Street School, 226 Dayton Street, has also set aside the week to learn about different cultures and the meaning of sharing during the Thanksgiving holiday.

Similar activities are taking place at the schools throughout the district,

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Health Calendar

NEWARK—Free confidential AIDS counseling and testing, Mon.-Fri. 9-6 p.m. Sat. 9-4 p.m. Newark Community Health Centers. Call 201-565-0255.

EVERY FOURTH MONDAY
ELIZABETH—The Elizabeth Center for Planned Parenthood of Greater North New Jersey is offering a low-cost cancer screening for women over 40 from 9 a.m. to 2 p.m. They provide pap test, cervical and breast exam and blood pressure check. Appointments only, call 908-351-5384.

EVERY THURSDAY
IRVINGTON—Irvington General Hospital offers free STD treatment. For more info call 201-399-8124 for an immediate appointment.

NOW THRU DECEMBER
JERSEY CITY—Jersey City State College will offer fall courses for individuals seeking certification as alcoholism and/or drug abuse counselors in the state of New Jersey Fridays and Saturdays. For more info call 201-200-3089.

TUESDAYS AND THURSDAYS
EDISON—A fully-monitored 13-week exercise and nutrition program designed to minimize the physical demands of pregnancy and speed up recovery following childbirth is available every day at the JFK Health & Fitness Center at JFK Medical Center. For more info call 908-632-1610.

EDISON—The Blood Bank at JFK Medical Center needs healthy blood donors 18 years to 70 (donors under age 18 must have written parental consent). If you or anyone you know would like to donate blood, or for further info please call 908-321-7683.

thursdays and Fridays

Send Health Calendar events to

City News

144 North Ave.
Plainfield, NJ 07060

Newark celebrates American Education Week

NEWARK—A week-long series of community education forums and events have been coordinated by Newark Fighting Back Partnership (NFBP) and New Community Corporation (NCC) during American Education Week.

The programs are intended to focus the Newark community's attention on children's educational needs and provide information about various school reform initiatives being implemented across the country as they relate to Newark.

Entitled "Visions for Education," the events organized by a number of community based organizations and agencies, are being held at various sites around the city through Saturday, November 19.

The program includes forums led by community leaders, corporate and public officials. Invents include:

Forums such as "Models in Urban Public Education I" featuring Phil Geiger, president of Education

WASHINGTON, DC—The Children's Defense Fund has announced the beginning of a new campaign to give every child in America a "Safe Start" by launching public service ads and a National Observance of Children's Sabbaths in thousands of congregations across the country.

The national children's advocacy organization said it has added "Safe Start," in addition to a Healthy Start, a Head Start, and a Fair Start, as the fourth pillar that every child needs to grow up in America.

"The first step in giving every child in America a safe start is for millions of adults to stand up and make it morally unacceptable for a child to be killed by gunfire every two hours," said CDF President Marian Wright Edelman.

"Every parent, religious, political, and community leader and caring adult must ask why we have allowed violence to grow like a malignant tumor in our homes, schools, streets, media, and popular culture, and why our public policies place a higher priority on protecting guns and profits than on protecting children."

"Congregations around the country are sponsoring a range of programs to help people put their faith into action on behalf of children," said David Saperstein, director, of Religious Action Center of Reform Judaism. These activities include: a church in Mendocino, California, which will toll its bell every two hours to remind the community that a child dies from gunfire every two hours; a congregation in Kansas City participated in a "walling wall" activity where newspaper clippings about community violence were dis-

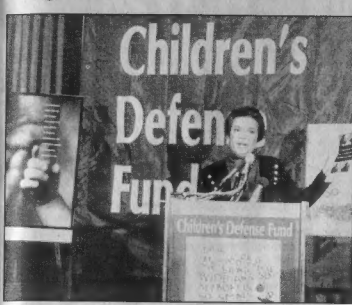
played and prayers for victims families were offered; and a city-wide interfaith service in Minneapolis where moving statements about violence, written by children in juvenile detention, were read."

According to Rev. H. Michael Lemmon, executive director, Congress of National Black Churches, "The religious community must continue raising its voice as the conscience of America and also must be agents of change and ambassadors of peace. We must urge the faithful not to arm themselves against our children, but to learn from scripture to turn our swords into plowshares."

"The religious community may become the moral locomotive rather than the moral caboose in confronting the crisis of violence which plagues our children," Edelman said. "Violence affects children of every race, income, group, and geographic region, so it is appropriate that thousands of congregations of many faiths will begin this weekend to search for potential solutions."

Edelman said that escalating violence by and against children is not a coincidence, but the manifestation of a range of serious and too long-neglected problems including high and rising child and family poverty, inadequate job opportunities for youths and young adults, drug and alcohol abuse, racial intolerance, violence in the media and in our homes, and the aggressive marketing of and easy access to deadly non-sporting firearms.

"There is no one solution but there are a range of solutions including providing



Marian Wright Edelman addresses the audience at the recent gathering of the children's Defense Fund "Safe Start" campaign.

children with positive alternatives, connecting them to caring adults and nurturing communities, youth jobs and service opportunities, effective gun control measures, and common sense self-restraint in advertising, media and cultural signals," Edelman said.

"We must stop our glorification of violence as entertainment and find alternative ways to resolve disputes and relate to each other."

At a news conference in Washington, D.C., Edelman displayed a number of advertisements in which gun manufacturers targeted parents, particularly women, urging the pur-

chase of guns and gun accessories in order to "protect" families.

The marketing of guns to parents and especially to women and children is deeply offensive as it exploits our fears and rivals the tobacco industry's efforts to convince us that an inherently dangerous product is somehow good for us," said Edelman. "Parents need to arm themselves not with guns, but with information about how to protect their children from violence. When you look at these ads, ask yourselves whether the advertiser is more interested in protecting children or protecting profits."

Children needed for '96 calendar

NEW YORK—Aristar Calendar Company, in cooperation with the Children's Wish Foundation International, has launched a national contest to select youngsters—in infants to age 12—to be showcased in a new 1996 Kids calendar.

Proceeds from a portion of the sales of the calendars will benefit the Children's Wish Foundation, which fulfills the wishes of terminally-ill children.

To enter, parents should send a black and white or color photograph (snapshot or professional, in any size)

of their child with his or her name imprinted on the back of the photograph. In addition, parents should print on a separate piece of paper their names, address and telephone and the name and age of their child.

Entries, which must be postmarked no later than December 31, 1994, should be mailed to Aristar Calendar Company, 575 Madison Avenue, Suite 1006, Dept. 3A, New York, NY 10022. For return of the photograph, a self-addressed, stamped envelope should be included with the entry.

Religious Calendar

THURSDAY, NOVEMBER 17
NEW YORK—The Frances Taven Museum will hold lecture on the relationship between African-American Christianity and other aspects of African-American culture. For more info call 212-425-1778.

NOVEMBER 18-20
PLAINFIELD—Faith Christian Outreach Center on 533 W. Fifth Street invites youth ages 2-20 to their conference entitled "Developing Christian Character" For more info on times and places, call 908-764-2332.

SUNDAY, NOVEMBER 19
NEW YORK—The Jubilee Choir, a community choir from Irvington, will perform sacred music in the African-American tradition. Performance will be held at the Frances Taven Museum. The event is free with museum admission. For more info call 212-425-1778.

NORTH PLAINFIELD—The Watchung Avenue Presbyterian Church will host an Alternative Christmas Program from 10 a.m. to 2 p.m. For more info call 908-755-2781.

Send religious events to

City News

144 North Ave. Plainfield, NJ 07060

Pilgrim Baptist Church to honor retired minister of music

NEWARK—Pilgrim Baptist Church will host an appreciation dinner for Mrs. Barbara (Chin) Mayfield, at the Robert Teas Hotel on Friday, December 2 at 6 p.m.

Mrs. Mayfield is the former Minister of music for the church and recently retired.

The congregation invites friends and neighbors, as well as family to join them in celebrating this event.

For additional information regarding tickets or ads, please call Edna Knight, at 201-923-7056, Constance Booker at 201-642-1732, or Constance Ne-wan at 201-266-5115/675-4942.

National greeting card contest seeks kids' creativity

LOUISVILLE, KY—KFC and Good Housekeeping are looking for the ideal Mother's Day card as the grand prize winner of the All-American Salute To Mothers greeting card contest. The competition for fourth, fifth and sixth-grade students encourages children to create an original greeting card honoring the number-one woman in their lives—their mother. The first-place card will be printed and distributed nationally by Carlton Cards in time for Mother's Day 1995.

To enter the contest, students produce an original Mother's Day card with a message and illustration. Any two dimensional medium may be used—crayon, paint or marker, for example, although chalk should be avoided. The card must be constructed of paper folded in half and no larger than 5 3/8" wide by 8 1/4" high with a picture on the cover and a message inside.

On the back of the card, attach a separate sheet with the student's name, school, grade, teacher, home address and telephone number where a parent may be reached during the day. Send the card, signed by a parent or guardian, to: KFC/Good Housekeeping All-American Salute to Mothers, 332 S. Michigan Ave., Suite 900, Chicago, IL 60604. All entries must be received by December 10, 1994. All entries become property of KFC and Good Housekeeping.

A complete set of contest rules can be found in the November issue of Good Housekeeping. Or send a #10 self-addressed stamped envelope to KFC/Good Housekeeping Contest Rules, 211 E. Ontario, Suite 1300, Chicago, IL 60611.

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repayment terms. To qualify, your household income can not exceed \$42,300. These loans are strictly for home improvements on your principal residence, which must be a 1- to 4-family residence located in New Jersey. For more information, stop by any Midlantic branch or call BankPhone24 anytime at 225-2424.

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Billboard

NOW THRU NOVEMBER 21

HAMPTON—Norman Barash & Carroll Moore's comedy "Send Me No Flowers" will open at the Huntington Hills Playhouse Dinner Theatre. For more info, call 1-800-HHP-7313.

NOW THRU DECEMBER 7

MAHWAH—There will be an Haitian Art Exhibit at Ramapo College Art Gallery, 2nd fl., of the George Foster Library Monday thru Friday from 11 a.m. to 2 p.m., and Wednesdays from 5 p.m. to 7 p.m. For more info, call 201-529-7602.

NOVEMBER-DECEMBER-19

MANHATTAN—Jazz at Lincoln Center will present "The Louis Armstrong Continuum." Call 212-875-5391 for theaters and times.

WEDNESDAY, NOVEMBER 16

HARLEM—The Schomburg Center for Research in Black Culture presents a Frick Collection Creative Arts Center Staged Reading entitled "The Ninth Wave" by Leslie Lee at 7 p.m. For more info, call 212-491-2040.

MANHATTAN—The Negro Ensemble Company opens *Ballad for Brinshee* at Players Theater in the Village on 115 MacDougal Street. For more info, call the Players Theater.

HARLEM—The Schomburg Center for Research in Black Culture presents "A Tribute to Ernest J. Gaines" as part of its Langston Hughes Festival Video Screenings from noon to 4 p.m. at the American Negro Theater. Call 212-491-2040 for more info.

NOVEMBER 18 & 19

ATLANTIC CITY—Smokey Robinson will perform two shows at Bally's Grand Casino. Friday's shows will be at 8 and 10 p.m. and Saturday's shows will be at 8 and 11 p.m. For tickets call 1-800-736-1420.

MONTCLAIR—The Umcoz Dance Company will perform at Montclair State College at 8 p.m. in the dance studio of Life Hall. For more info, call 201-655-7080.

SATURDAY, NOVEMBER 19

HARLEM—The Schomburg Center presents *Jack Your Morn: Twelve Moods for Jazz* by Langston Hughes as part of its performance. For more info, call 212-491-2265.

WESTBURY—Russell Simmons's DEF Comedy Jam #94 one show only at 8 p.m. For ticket info, call 516-334-0800.

NOVEMBER 20

WESTBURY—Rachelle Femell, Jonathan Butler, Will Downing, Jr., Bobby Lyne and Kirk Whalum will appear at the Westbury Music Fair's Autumn Jazz Exposition. For more info, call 516-334-0800.

SUMMIT—The Concord Singers will present their winter concert at 7:30 p.m. at St. John's Lutheran Church, 397 Springfield Avenue. For more info, call 201-635-8676.

WAYNE—Jazz guitarist Kenny Burrell will perform with the William Patterson College Jazz Ensemble at 8 p.m. in the Shea Center for the Performing Arts on the campus. For more info, call 201-595-2371.

WATCHUNG—Celebrated songstress Carrie Smith will headline the concert "Swingin' The Scores" at the Watchung Arts Center at 2 p.m. For more info, call 908-753-0190, 908-755-2483 or 201-886-1044.

ATLANTIC CITY—The New Jersey Lottery is holding a Pick-6 Bonus Million Grand Prize drawing at Harrah's Marina for a top prize of \$1 million. The finalists represent all 21 counties in New Jersey and 17 are out-of-state. The drawing will begin at 12:15 p.m. in the Broadway by the Bay Theater. For more info, call 609-599-5900.

NOVEMBER 23 THRU JUNE 11

MANHATTAN—The Museum of the City of New York will exhibit "Ladies Mile: Emporia and Entertainments" an exhibition of costumes and accessories for men, women and children in the Changing Exhibition Gallery. For more info, call 212-534-1672, ext. 260.

NOVEMBER 25

WESTBURY—Milton Berle, Henny Youngman and Sid Caesar will appear at the Westbury Music Fair for an evening of 1001 laughs. For more information call 516-334-0800.

NOVEMBER 26

MONTCLAIR—The Channie Theater Company presents "Gentle's House," written and directed by Gail Wynn Huland of East Orange at the Blooming Grove Center, 544 Bloomfield Avenue at 8 p.m. For more info, call 201-875-9978.

NOVEMBER 27

MONTCLAIR—The Spirit of Life Ensemble will appear at the Trumpet Jazz Club at 6 Depot Square. Call 201-746-6100 for reservations.

Send Billboard Calendar events to
City News
144 North Ave.
Plainfield, NJ 07060

ARTZ WEDNESDAY

Epic story of Polynesian migration on Thirteen/WNET

NEW YORK—They had no great sailing ships, no navigational instruments, no arsenal of weapons. They had only their extraordinary seafaring skills, a belief that beyond every horizon a new land lay waiting to be discovered—and the wind.

So it was that many centuries before European sailors overcame their fear of falling off the ends of the Earth, the people we know today as Polynesians began their epic migrations across the vast expanse of the South Pacific.

This fall, their astonishing story is told on PBS, when NATURE presents a sweeping five-part mini-series, *NOMADS OF THE WIND*. Part 1 will air Sunday, Nov. 20 at 8 p.m. (ET) in NATURE's regular time slot. The mini-series will continue on Monday, Nov. 21 and Tuesday, Nov. 22, with two one-hour episodes each night, beginning at 8 p.m. (ET). (Check local listings for all times.)

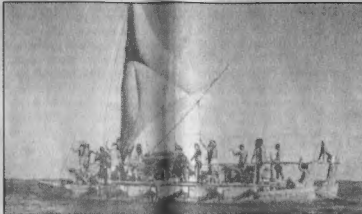
The Emmy Award-winning

Plainfield resident Dena Allen to perform at Club Bené



Dena Allen

PLAINFIELD—Plainfield resident Dena Allen will perform in concert at Club Bené on Sunday November 27 along with The Original Delphonicas. Dena a local songstress, was born in Mississippi and grew up in Chicago. Performing since age five, Allen is a



NATURE, now in its 13th season, is television's longest-running weekly natural history series. The series is produced for PBS by Thirteen/WNET in New York. George Page is host and executive editor. Fred Kaufman is executive producer.

Digable Planets' second time around

NEW YORK—If *Blowout Comb*, the sophomore Pendulum/EMI release from Digable Planets, sounds different from their gold plus debut *Reach in*, it's a new refutation of time and space, then do not adjust your dial. *Blowout Comb* continues the revolutionary artistic process begun on *Reach in* and lays the groundwork for the future. In '94, the stakes are higher, the beats a little harder and the vision more searing, elevating Digable Planets' message to the next logical level.



Digable Planets

four-time winner of the world famous Apollo Theatre Amateur Show. She has sung, acted and danced on off Broadway, and toured in the Caribbean performing for the senior Miss America Pageant. For Ticket information call 908-763-7913.



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Keenen Ivory Wayans gets low, down and dirty



Andre Shame (Keenen Ivory Wayans, right) is a down on his luck private investigator who explodes into action playing hardball against a menacing mob and defending himself against the love of two ladies. His loyal assistant Peaches (Jada Pinkett, left) is desperate to become Shame's partner and take care of as many needs as her boss will allow.

LOS ANGELES—Expelled from the police force after a botched drug bust, Andre Shame (Keenen Ivory Wayans) is now working as a private investigator, selling his services to the highest bidder and taking big risks for small change. The cliché isn't always top-drawer, but Shame's hardly in a position to be particular.

A tough-talking, fiercely independent P.I. with a weakness for pretty women, Shame is armed with two powerful weapons: street smarts, and a strutsy sidekick named Peaches (Jada Pinkett). A sexy secretary who knows all the right moves, Peaches' unwavering dedication to the job is only matched by her loyal devotion to her boss. Anytime, day or night, she wants to be of service. And for Shame's new assignment, he's going to need all the

help he can get. Retained by DEA agent Rothmiller (Charles S. Dutton) to track down \$20 million in missing private money, Shame must face off against the notorious Ernesto Mendoza (Andrew Divoff), the same man he killed in that failed drug raid. Or did he? More than a quick job, this may be a way for Shame to clear his name, and to once again see lost-love Angela Flowers (Salli Richardson), a devoted femme fatale who's traded her virtue for a life of luxury with Mendoza.

Now, Shame is about to explode into action, playing hardball with a menacing mob and squelching his nemesis' illegal operations, in Caravan Pictures' exciting new action comedy *A Low Down Dirty Shame*, opening November 23rd.

KEENEN IVORY WAYANS

SALLI RICHARDSON

JADA PINKETT

A LOW DOWN DIRTY SHAME

Caravan Pictures presents A Film by KEENEN IVORY WAYANS
KEENEN IVORY WAYANS "A LOW DOWN DIRTY SHAME" CHARLES S. DUTTON
JADA PINKETT SALLI RICHARDSON ANDREW DIVOFF Music by MARCUS MILLER
Directed by KEENEN IVORY WAYANS
Editor DAVID L. LIND Producer DAVID L. LIND
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Producers ERIC L. GOLD LEE R. NAYTES Produced by LEE R. NAYTES and ROGER ORLANDO
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STARTS WEDNESDAY, NOVEMBER 23

Business Calendar

TUESDAY, NOVEMBER 15
WESTFIELD—A seminar on Professional Investment Management will be held at the Westfield Merrill Lynch office at 7:30 p.m. For more info call 908-789-4335.

NOVEMBER 15-DECEMBER 14
CRANFORD—Union County College will offer a series of 10 non-credit seminars on financial planning to better acquaint participants with ways that they might best invest their money. For more info call 908-709-7600.

THURSDAY, NOVEMBER 17
NEWARK, NJ—The Regional Business Partnership's International Business Over Breakfast Series, 8:30-10 a.m. will be held at the Newark Club. For more info call 201-242-6237.

PRINCETON—The NJ Small Business Development Center and the NJ Commission on Science and Technology present "Emerging Technologies/Breakthrough Strategies" from 8:30 a.m. to 6 p.m. at Princeton University. For more info call 800-432-1832.

EAST BRUNSWICK—Chemical Bank NJ will announce a new program designed to offer small business customers money saving benefits at 12:30 a.m. at the Chemical Bank NJ Headquarters. For more info call 908-220-3330.

NOV. 17, 22, 29
MANHATTAN—NYNEX will sponsor an MBE Sales Training Seminar at the NYNEX building on 240 East 38th Street. For more info call 212-338-4004.

NOVEMBER 19
NEWARK—The New Jersey Association of Women Business Owners will have a free entrepreneurial training seminar entitled "Is Business Ownership For Me?" at Rutgers University from 9 a.m. to noon. For more info call 908-707-0173.

SOMERSET—Donna Joan Productions presents a Resume Writing and Interview Techniques Workshop at the Quality Inn in Easton, New Jersey, from 9 a.m. to 4 p.m. To register or for more info, call 908-707-0173.

Send Business Calendar events to
P.O. Box 1774
Plainfield, NJ 07061

BUSINESS EXCHANGE

Somebody's got to stand up

by William Reed

African Americans are angry and seeking social change. African Americans are in search of someone to lead them to equity in this society's economic, laws, regulations, planning, optimism and successes.

Today's people of color want something better. They want this country to produce the American Dream for them too. They want someone to stand up and make things happen in the collective interest of

black people. Until late October, we used to have someone who stood up for us, and we should not let him go away without due notice of his broad and lasting works.

Dr. Calvin Rolark lived the majority of his life as a black publisher. Down through the years, Black American publishers the likes of Frederick Douglass, Marcus Garvey and Elijah Muhammad have led the way to the race's advancement. Despite the fact that two-thirds of today's African-American community ignores their

works, Black American publishers are still leading us toward advancement, and for over 30 years Dr. Calvin Rolark was a drum major and leading national voice for black advancements.

If you look at the facts, it has been outstanding and visionary black publishers that have led and illuminated the way for us for centuries. Frederick Douglass gave us The North Star and a strong voice against slavery during the nineteenth century. In the early twentieth century Marcus Garvey published The Negro World, started the African Star Line and promoted positive attitudes about self for blacks and a Back to Africa Movement.

In the 1950s, Elijah Muhammad built the Nation of Islam and economic freedom for its members across America through the Muhammad Speaks publication. From the early 1960s, Calvin Rolark published the Washington Informer, but he too had social change in mind for blacks and also set up processes that funded health programs, senior citizens, drug rehabilitation efforts, and helped hundreds of thousands of blacks overcome illiteracy.

"No one can save us, but us," was the mantra of the man from Texas. He continually emphasized that the salvation of the race would not come from external efforts but through

the work and focus of each and every one of us. Dr. Rolark believed that if advancement for the race was to be, then that advancement would be brought about by you and me. He started the United Black Fund, Inc. which grew to be the largest black philanthropic organization in the country.

The United Black Fund, Inc. was a \$15 million-a-year operation that had 68 members agencies and assisted hundreds of non-profit organizations for the sick, for criminal offenders and groups just trying to get a start.

(Continued on page 9)

NJ TRANSIT honored for Disadvantaged Business Enterprise program



NEWARK—The U.S. Department of Commerce recently honored NJ TRANSIT for running the most successful Disadvantaged Business Enterprise (DBE) program in the nation at a White House ceremony last month. The company was presented with the "Corporation of the Year" award in recognition of its state-wide transit success in awarding contracts to firms owned by minorities and women. This is the fourth time in 11 years NJ TRANSIT has received the national honor, and has received several awards regionally and locally. NJ TRANSIT's DBE staff members are (top from left) Ernest C. Williams, Lewis R. Rossier and William B. Holmes Sr. (bottom from left) Shakira Abdul-Ali, Jan L. Walden (manager), and Sherry O. Myers.

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Right revolution wins

(Continued from page 3)

"center"—were the big political losers on Tuesday.

With a DLC President (Clinton) and a DLC Vice President (Gore), the DLC Chairman, Dave McCormick lost in Oklahoma, both DLC candidates running for the Senate in Tennessee, Jim Sasser and Jim Cooper, lost big time. Another DLC candidate, Charles Robb, would have lost in Virginia except Ollie North was so extreme that he divided his own party and had Senator John Warner (R-VA), Marshall Coleman, a third party Republican candidate; Nancy Reagan, Norman Schwarzkopf, former Secretary of State, Lawrence Eagleburger; and other Republicans aligned against him.

While Democrats face an identity crisis, Congressional Democrats lack a unifying vision or legislative agenda. The White House has lost the political initiative. Republicans, on the other hand, are clear on their agenda. If there was any doubt about where the new Republican majority plans to take the country the crystal clear the day after the election.

Although Mr. Gingrich said it might take a decade, he promised to bury any remnants of what he disdainfully calls the "Great Society, counterculture, McGovernick" legacy and return America to a more black-and-white view of right and wrong.

He said, "There are profound

things that went wrong starting with the Great Society and the counterculture, and until we address them head on, we're going to have these problems."

Three hundred Republican candidates ran on the Contract with America. Within the first 100 days of Congress it calls for the passage of legislation in the House that, among other things, includes: a new crime bill which focuses on

- Sentencing
- The death penalty
- Increasing law enforcement
- Cutting the previous crime bill's social spending to fund prison construction prohibition of welfare to minor mothers
- Cuts in aid to families with dependent children
- Cuts in welfare spending and work requirements for welfare
- An increase in defense spending
- A cut in the capital gains tax for businesses
- A limit on punitive damages and reform of product liability laws; and support for term limits.

In the Senate, they propose to enact a balanced budget amendment to the Constitution; putting prisoners to work and building less resort like prisons; and a reversal of defense cuts and the prevention of future ones.

Read carefully the words of New Gingrich spoken on CBS Morning News on Wednesday morning, "I

think that we have an obligation to listen carefully to what was clearly a voice for lower spending, for less Government, for lower taxes, for much tougher provisions on criminals. I think it's pretty hard to look at governorships, state legislatures, to look at the Senate and House, and not conclude something fairly big was happening in America last night."

We may listen and hear a different message than New Gingrich, but Rainbow supporters should not underestimate the program or the will of those now in power to turn back the clock on civil rights, voting rights, workers rights, women's rights, the environment and the other political and social gains made since the 1960s.

Child care facility

(Continued from page 1)

Services' Head Start Program and the New Jersey Department of Education's Good Start program. It is a comprehensive pre-school program designed to promote the growth and development of low income children and their parents.

Hansford says the agency's goals are achieved through its six major components, including education, health (nutrition, dental and mental), social services, parent involvement, administration and services to children with special needs.

Somebody's got to stand up

(Continued from page 8)

He was on the National Board of Directors of the Southern Christian Leadership Council (SCLC) and co-chairman of the Assault on Illiteracy Program (AOIP), a program familiar to millions who read black newspapers.

Dr. Rolark has gone on to peaceful days and nights. He doesn't have to work for positive social change in the all-powerful arms in which he now rests. But, back here we still need somebody to stand up and take his place.

But, to the angry and oppressed, the option is not to continue to curse the (and their own) darkness, but to join together with those willing to light the way. To those that are still waiting for someone who is an agent of change be reminded that they are not going to come from the Congress or the State House or any form of government largess.

We already know the limits of their power and energy. Who and what is going to save and help us will not come from the ranks of elected

officials and corporate executives, who are simply looking for a job and the personal security that these positions bring. That somebody standing tall and holding the torch is probably from the ranks that produced Rolark, Garvey, Douglass and the Honorable Elijah Muhammad.

For those of us still among the living, you only have to look among our own. Somebody with the likes of Dr. Calvin Rolark is probably ready to stand up for all of us, just as soon as he/she washes the ink from their hands.

As I see it...

(Continued from page 4)

/// The "FREE WILLIE" signs in some Newark neighborhoods have nothing to do with Willie the Whale. They're a message for Willie the Assemblyman.

/// The Newark mayor-council election is two years in the future but things are heating up among some members of the council who want to step in when mayor Sharpe James steps out as he has promised to do.

People are already contemplating whether or not Mildred Crump has the right stuff to become the

city's first female Mayor.

/// Senator Frank Lautenberg can thank African-American Democrats for his third term in the U.S. Senate. Lautenberg beat out Chuck Haytian by percentage points. If a concerted effort to get out the black vote was not undertaken by his campaign handlers, most his legislative aide, Christy Davis, the senator never would have made it.

Christy will probably never be credited with changing the tide in Lautenberg's favor but some of us know the real deal and Lautenberg

will do himself a favor in enjoying his unexpected victory. He may want yet another term.

/// Forget about the anticipated reopening of the Bridge Club, one of Newark's favorite watering holes for the Buppies and Yuppies.

New owner, Reuben Jackson has converted the building into a shelter for the homeless.

Another local entrepreneur who also recently opened a shelter for Central-South Ward homeless is Rev. Levin West of the Grace West Senior Housing complex.

When will we learn?

(Continued from page 4)

If stronger candidates were running against them.

The sentiment expressed by most African Americans were that they were voting against rather than for someone. The African-American vote proved to be crucial in tight elections such as the one in Virginia. One of the reasons that Sen. Charles Robb was able to win that contest was because of the heavy turnout in the African-American community. Here in New Jersey, Sen. Lautenberg was able to win his re-election bid against Republican Assemblyman Chuck Haytian due to the overwhelming block of votes he received from African Americans across the state. Mario Cuomo lost his bid for re-election to a 4th term as Governor, because he was unable to get the votes he needed in the African-American community that would help to offset the upstate block of votes that incumbent George Pataki received.

If more African Americans would have come out to vote in Essex County, Cardell Cooper could have—and should have—been elected as the Essex County Executive. The election was that close, and certainly winnable. Since a number of white Democrats obviously voted for Treffering (the race always hinged on race) once they got in the voting booth, it was essential that Cooper receive a huge turnout in black communities throughout the county.

If you didn't vote, and know you should have, this was one election where it really made a difference and your failure to vote adversely affected the outcome.

The 1994 elections clearly showed that the vast majority of Americans were disgusted with the system and the way our elected officials are doing their job. The difference is that some decided to do more than just whine and complain about what they did or did not like. Groups such as Pat Robertson's Christian Coalition, the National Rifle Association, etc. galvanized their constituencies and worked hard in support of their candidates. After the 1992 elections, the Christian Coalition didn't just fold its tents, they kept on with their grassroots organizing efforts. The NRA targeted those lawmakers who had voted for the Crime Bill which placed a ban on assault weapons, and poured money into their opponents' campaigns. They kept the focus on their own agendas and didn't worry about which groups didn't agree with them. They emerged victorious and buoyed by their successes.

For African Americans, we need to analyze the election results in order to devise strategies on how we're going to set and move forward with an agenda that is focused on addressing our issues and concerns. It has nothing to do with whether you are a Democrat or a Republican. For those who still want to hold on to that view and fail to learn lessons from the 1994 elections, will only court disaster when the 1996 elections come around.

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Former East Orange lawyers file suit against the city and Mayor

by Paul Joseph

Two former staff attorneys of the East Orange Corporation Council have filed a suit in the United States District Court for the District of New Jersey charging that they were allegedly fired because they refused to contribute \$1,500 each to the campaign for East Orange Mayor Cardell Cooper for Essex County Executive.

According to court documents, former Assistant Corporation Councils

Jean B. Bennett and Linda McDonald Thomas said Mayor Cooper along with City Administrator Leroy Jones, Corporation Counsel Stephanie R. Bush-Baskette, Corporation Trial Council Robin R. C. W. Johnson and Ronald Salahudin "conspired with each other" to have them terminated after it was apparent that they would not give the \$1,500 donation.

Both women started their employment in early 1990, and served as staff attorneys for more than four

years. According to the documents, Bush-Baskette met with both plaintiff earlier this year separately and told them that they would be reimbursed for an additional four years.

In June, Cooper challenged Thomas Giblin, the chairman of the Essex County Democratic party for the Essex County Executive seat. As a result of the close election alleged voter improprieties were made and there was a call for a recount. Litigation started to deter-

mine the winner.

Around July 14, according to the court papers, Salahudin met with several city employees along with Bennett and informed them that "they were expected to contribute the sum of \$1,500 towards recount litigation expenses." The money was expected on the July 15 pay day for the city's employees. The plaintiffs did not contribute any moneys to the campaign efforts.

Prior to the meetings, Cooper had prepared a letter to the city council of his intention to reappoint the plaintiffs to permanent positions "contemning with the term of Mayor Cardell Cooper," the papers explained.

"Since I did not contribute the \$1,500 litigation expenses, my name was crossed out prior to the matter being submitted to the city council," both women stated in their affidavits.

About July 27, Cooper met with the city council where certain reappointing were voted on. Both women were not included. Also at this meeting, Robin Johnson was acting corporation council in the absence of Bush-Baskette.

Two days later, the plaintiffs received notices telling them that they were terminated effective August 10. "I don't realize why I was named

in the suit," Salahudin said. "How they came to the conclusion to sue me, I have no idea. It is a puzzle to me."

Cooper was unavailable for comments. However, a spokesperson from his office said the mayor will release a statement. Bush-Baskette, Johnson, and Jones did not return phone calls.

District Court Judge John C. Lifland will hear a motion for an injunction to restrain the women which was filed with the complaint. They also seek compensatory and punitive damages for constitutional and other statutory violations.

Analysis: election '94

(Continued from page 1)

message loud and clear. Students of political science are always warned against the wisdom of using an opponent name and certainly not include his or her picture on literature.

But what about the city leaders who were expected to turn out the Democratic strongholds? It appears old enemies and rivalries against Mayor Cooper took precedent over the opportunity to elect an African-American county executive.

An anti-Cooper faction on the East Orange city council kept the mayor busy dividing his time pursuing out fires at home and campaigning throughout the county. He was endorsed by the black city councilmen in Newark but they were strangely missing on election day, and so were many of their followers who normally man the polls. As a matter of fact, several trips through the city on election day revealed a disturbing scarcity of poll watchers.

A less than 30,000 voter turnout for Cooper was an early indication he was in danger. And when Irvington failed to live up to expectation, political pundits knew for sure he was a loser. Throughout the campaign, several city mayors made it perfectly clear they would do nothing to encourage support for Cooper, while turning on the juice for Lautenberg.

The scene on election day appeared to be every candidate for himself. Sheriff Armando Fontoura ran ahead of the ticket of Cooper, Fontoura and Graves in most municipalities. Workers on the polls for the sheriff barely mentioned his running mates and workers for Graves only talked about her to potential voters. Fontoura and Cooper were running mates in the primary election where Graves was the lone survivor of the Giblin team.

If politics makes strange bedfellows, the current mix is the weirdest yet for Essex County. Treffinger did not win in a landslide Cooper lost by less than 3,000 votes that he could have easily picked up in East Orange, Newark or Irvington. What Essex County needs now to survive is unity in county government. Mr. Treffinger had the support of rank and file voters and many Democratic leaders willing to help him win office.

But when and if he attempts to put the "reformed" Treffinger in the campaign, will they be just as willing to help him succeed? As county executive, Jim Treffinger is the most powerful man in county government.

He also got help in governing from a Republican governors, GOP legislators and a congressional delegation that now has a

Republican majority.

During the campaign Jim Treffinger focused largely on the tax issues, maintaining he has devised a blueprint that will cut \$26 million in spending and boost revenue by \$14 million.

It will be interesting to see how he can accomplish this without cutting back on items like welfare and job reduction which will have the greatest impact on people of color.

Most of all, people who understand county government are troubled by the fact that the new county executive is facing a 1995 budget shortfall estimated at \$40-\$60 million. Hopefully, Mr. Treffinger has the ability and stamina to get a grip on the finances and problems like crime, health needs and to rid Essex County of the Them vs. Us syndrome.

Kirkland bucks odds

(Continued from page 1)

before the election. As a result of this meeting, Mayor Furry has filed a law suit against the majority members.

In the mayor to Plainfield residents the Mayor said, "I warned the Council members of the illegality of their actions, as well as the dangers to the city of the cuts. Their decision to proceed in the face of that warning leaves me no choice but to defend the interest of the citizens by filing a law suit."

This is not what I wanted for our city. But these actions, taken without notice to the public in direct contravention of the law, require that I place the interest of the

citizens ahead of my concerns about the additional time and expense of litigation.

According to Councilwoman Urquhart, the other members of the city council had been invited, but declined because they had been informed of the illegality of such a meeting.

"We are firmly in support of Mayor Furry's decision to go to court. Personally, I have a problem with them disrespecting the administration when our city clerk had given her opinion that the meeting, if held, would be illegal and they refused to adhere to her advice," stated Urquhart.

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The Asbury Park Housing Authority and Urban Redevelopment Agency, the awarding authority hereafter referred to as "the Authority" is receiving bids for Aluminum Storm Doors at two of the housing developments.

The Authority will receive sealed bids for this work located at N.J. 7-1 Asbury Park Village and N.J. 7-2 Westview Village in accordance with Contract Documents prepared together with addenda as may be issued prior to the date of receipt of bids.

Generally the work shall include: The supply and installation of aluminum storm doors at N.J. 7-1 Asbury Park Village and N.J. 7-2 Westview Village.

Bids will be received and publicly opened by the Authority on Monday, December 5, 1994 at 11:00 a.m. prevailing time at the Offices of the Authority located at 1000 127 Third Avenue, Asbury Park, New Jersey 07712. No bid shall be withdrawn for a period of 60 days subsequent to the bid opening date without the consent of the Authority.

Sealed proposals for a single, overall contract for General Construction covering all trades, will be received for all labor and materials to complete the project. Bidders and the successful Contractor and his subcontractors will be required to comply with Affirmative Action Regulations of the State of New Jersey stipulated in N.J.S.A. 10:5-1 through 10:5-38, and to comply with Chapter 33 of the Public Laws of 1977 and with the requirements of Public Law of 1975, Chapter 127.

The Owner reserves the right to waive any informality in any bid or bids, to reject any and all bids and to accept such bid or bids and to make such awards as may be in the best interest of the Authority.

Bid proposals must be submitted as directed by the Specifications, in a sealed envelope, addressed to the Owner. Envelopes shall, on the exterior, be designated as To the Contract for which the proposal is entered, and the name and address of the Bidder.

Each bid proposal shall be accompanied by a Bid Bond secured by a Surety Company licensed to do business in New Jersey which is listed in U.S. Treasury Circular No. 570 or by certified check in the amount called for in the specifications, made out to the Authority. The bid bond or certified check used to satisfy the foregoing bid requirements shall be an amount not less than 10% of the bid and for a bid less than \$200,000, \$200,000 for a bid of \$200,000 to \$400,000, and 5% of the bid for a bid in excess of \$400,000. Bidders are advised that the amount of a non-refundable deposit must be more than \$20,000 for bids submitted in excess of \$400,000. Proposals must be accompanied by the affidavits, etc., referred to in the Instructions to Bidders in the Specifications. Regardless of the Bid Offer or certified check is submitted for proposal guarantee, each bidder shall submit a consent of surety also from a Surety Company licensed to do business in New Jersey which is listed in U.S. Treasury Circular No. 570 stating that it will provide the necessary payment and performance bond should the bidder enter into contract for this work with the Authority.

The Drawings, Specifications, Form of Proposal, Contract Forms, and Any Addenda and Modifications describing the work to be on file and may be examined at the offices of the Authority on or after Monday, November 14, 1994. Complete Construction Documents may also be obtained at the Authority office at a non-refundable deposit of \$20.00 (Twenty Dollars) per set. Documents will be mailed to prospective bidders upon receipt of one hundred dollars fee and five (\$5.00) dollars for mailing. The site will generally be available for inspection from 9:30 to 12:00 p.m. and 1:00 to 5:00 p.m., Monday through Friday, by appointment only with the Owner, telephone (908) 774-2600. A bid is required to arrange a site visit.

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This project is being executed with the aid provided by the U.S. Government through the Department of Housing and Urban Development.

LEGAL NOTICE

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND
EXECUTIVE DIRECTOR

INVESTMENT TO BID

November 30, 1994 at 10:00 A.M., 160 Ward Street, Paterson, New Jersey for the following items as outlined in the Technical Specifications

Tree and Foliage Removal Service

NJ21-1, Riverside Terrace Dev.

Bidders are to submit Bids in a sealed envelope marked with the job title as it appears in this advertisement written on both an inner envelope containing the Bid and on an outer envelope.

All Bidders are hereby notified that they must comply with all applicable Federal, State and Municipal Laws, Rules and Regulations including, but not limited to, those pertaining to Affirmative Action, Equal Opportunity, Employment, Discrimination and Security. Bidders must also comply with NJ Statutes 40A:11-6 with regard to listing subcontractors.

Specifications covering the above requirements may be obtained at the office of the Authority during office hours between 9:00 A.M. and 4:00 P.M., Monday through Friday.

The Housing Authority of the City of Paterson reserves the right to reject any and all bids or to waive any informalities in the Bidding.

No bid shall be withdrawn for a period of sixty (60) days subsequent to opening of bids without the consent of the Housing Authority of the City of Paterson.

A bid must be accompanied by a Bid Guaranty which shall not be less than ten percent (10%) of the amount of the total bid. Said guaranty need not be more than \$20,000.00. At the option of the bidder, the guaranty may be certified check, bank draft, U.S. Government Bond (at current date market value) or a bid bond secured by Guaranty or As Surety Company. Performance and Completion Bonds will be required of the successful bidder.

Minority Business Enterprises (MBE) will be offered full opportunity to bid and will not be subjected to discrimination on the basis of race, color, sex or national origin in consideration of award.

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LEGAL NOTICE

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND
EXECUTIVE DIRECTOR

REQUEST FOR QUALIFICATIONS

HISTORIC RESTORATION CONTRACTORS

Contract No. 93-P-115
Exterior Renovation Phase 1A
Re-Roofing and Related Repairs
Plaintiff, New Jersey 07601

The City of Plainfield will receive Statements of Contractor's Qualifications for the above project until 11 a.m. prevailing time December 8, 1994, in the Engineering Division, Plainfield City Hall, 515 W. Main Street, Plainfield, New Jersey 07061.

The following are critical dates and times:

Date	Time	Event
1 November 15, 1994	10:00 a.m.	Pre-qualification Package Available for Pick-up
2 November 30, 1994	5:00 p.m.	Final date for Pre-qualification Package Pick-up
3 December 6, 1994	11:00 a.m.	Return Pre-qualification Package

Copies of the statement of Contractor's Qualifications Form may be obtained at the Engineering Division, 515 W. Main Street, Plainfield, New Jersey 07061. Copies will be available only between the times stated above.

Minimum experience to be qualified shall include five (5) years prior experience in the type of work indicated for the project, and (2) projects involving separate historic roofing or sites of varying types, and (3) characteristics the subject work, completed within the past five (5) years or to have the Secretary of the Interior's Standards for the Treatment of Historic Properties (Rev. 1992).

The project generally includes installation of new roof and an elastomeric membrane roofing, restoration of stone masonry and exterior repair, and other related work.

Contractors shall submit completed statement of contractor's qualifications forms along with any other records and information necessary to document their qualifications to perform the work under this contract.

Pre-qualified contractors are required to comply with the requirements of P.L. 1975, Chapter 127, The Equal Opportunity Act (a/c) and the Affirmative Action Requirements of the City of Plainfield, and comply with the New Jersey Minimum Wage Act, P.L. 1963, Chapter 156. The Director of Engineering and the New Jersey Historical Trust shall evaluate the qualifications of the contractor and the project and make a decision to accept or reject the contractor's proposal. The contractor's proposal shall be accepted or rejected and not be subject to dispute.

Qualified bidders will be invited to bid upon the project at a separate time and place to be announced.

Approval to bid, however, does not preclude the Director of Engineering from subsequently concluding, based upon additional information or further analysis of the information upon which approval is based, that the bidder is not qualified. Further, no approval shall limit the Authority's responsibility to the City of Plainfield of the project, in its sole and absolute discretion to reject all proposals (or accept that proposal, if any, which in its judgment will under all circumstances, best serve the public interest and those of the City of Plainfield).

LEGAL NOTICE

HOUSING AUTHORITY OF THE TOWN OF MORRISTOWN

The Housing Authority of the Town of Morristown is seeking legal representation for the following, but not limited to: matters listed below:

- Attendance at a minimum of two (2) regularly scheduled board meetings
- Institution of temporary resolution
- Review and approval of bid documents and bids
- Legal opinions regarding Department of Housing and Urban Development regulations
- Representation of Authority regarding employee matters
- Preparation of board resolutions.

All interested parties should be familiar with Department of Housing and Urban Development rules and regulations and knowledgeable of New Jersey public bidding laws. All work not covered in the contract shall be quoted on an hourly basis. Tenancy cases should be quoted on a fixed rate basis. Copies of Department of Housing and Urban Development approved form of contract are available at the Morristown Housing Authority, 31 Early Street, Morristown, New Jersey 07960, no later than January 5, 1995, 10:00 a.m. prevailing time.

HELP WANTED

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LEGAL NOTICE

HOUSING AUTHORITY OF THE CITY OF NEWARK
HAROLD LUCAS, EXECUTIVE DIRECTOR

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LEGAL NOTICE

HOUSING AUTHORITY OF THE CITY OF PATERSON
FELIX RAYMOND, EXECUTIVE DIRECTOR

REQUEST FOR PROPOSAL

ARCHITECTURAL ENGINEERING SERVICES FOR MODERNIZATION OF PROJECT NJ 50-2 ARCADIAN GARDENS

The Housing Authority of the City of East Orange is seeking the services of an Architectural/Engineering (A/E) firm to provide all necessary drawings and specifications for renovation of kitchens, bathrooms etc. of Project NJ 50-2 Arcadian Gardens.

A request for proposal may be obtained from the Housing Authority of the City of East Orange, 160 Halsted Street, East Orange, New Jersey 07018.

A proposal meeting is scheduled for November 17, 1994, at 11:00 A.M. at the office of the Authority located at the above address.

Interested A/E firms shall submit two copies of their proposal to the Authority at the above address not later than 2:00 P.M., November 30, 1994.

The Housing Authority of the City of East Orange reserves the right to accept or reject any and all proposals or to waive any informalities in the proposals.

No proposal shall be withdrawn for a period of sixty (60) days subsequent to the receipt of the proposals without the consent of the Housing Authority of the City of East Orange.

For further information or questions please contact Mr. Frank Rancard, Director of Modernization at (201) 678-0251.

HARRY B. JACKSON
EXECUTIVE DIRECTOR

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HELP WANTED

PROOF-READER

Successful candidate for this position will have 2+ years of proof-reading experience. Job requires patience, attention to detail, flexibility, and ability to work with a team and meet deadlines. Strong grammar and language skills are essential. Send resume to: **PROOFREADER** City News Publishing Company 144 North Avenue Plainfield, NJ 07060

HELP WANTED

EDUCATION

PLAINFIELD PUBLIC SCHOOLS

A progressive Central NJ Urban K-12 School District has a challenging and diversified opportunity available for a dynamic...

MATHEMATICS TEACHER

MIDDLE SCHOOL

Candidate must hold NJ Certification in Mathematics or Certificate as Teacher of Mathematics or Certificate as Teacher of Mathematics to advance standing. We offer an excellent salary and benefits package. For more consideration, send resume & copy of certification/degree(s) IMMEDIATELY to: Mrs. Elsie Bryant-Taney Supervisor of Personnel Plainfield Public Schools 504 MADISON AVENUE PLAINFIELD, NJ 07060 Equal Opportunity Employer

CLERICAL

General clerical position now open in Metro Newark's #1 African American Newspaper. Typing, filing, data entry and phones. Send letter and resume to CNO, P.O. Box 1774 Plainfield N.J. 07061.

EXECUTIVE DIRECTOR

For public housing coalition in Newark, NJ. Duties include: monitor enforcement of covenants to build new housing and rent vacancies; supervise staff, write grant proposals, make policy recommendations to board, & manage fiscal/generals affairs. Out of \$34 & 3 yrs. Management exp. w/ community orgs, ability to write proposals & reports & analyze numerical reporting data. Women/men, minority candidates encouraged to apply. Send resume and salary requirements to: Personnel Committee, NCLH, 449 Broad St., Newark, NJ 07102

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HEARTBEAT

YOUR GUIDE TO HEALTHY LIVING

November 1994

**November:
National
Diabetes
Awareness
Month**



**NJ Medical School wins national
community service award**

**Alive and Wellnes: A Look
at Alternative Medicine
with Carol Martin**

**Effects of AIDS/HIV on the
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HEALTH CALENDAR

The events listed by counties are being offered by various hospitals, diabetes treatment centers and pharmacies for people with diabetes, their families and friends during National Diabetes Month in New Jersey.

National Diabetes Month schedule of events:

ESSEX COUNTY

SATURDAY, NOVEMBER 19

BELLEVILLE—"Living with Diabetes," free program at Clara Maass Health Systems Education Center, 36 Newark Avenue, from 8:30-Noon. For more info call 201-226-1022.

EAST ORANGE—The NJ Department of Veterans Affairs Medical Centers is offering a comprehensive diabetes evaluation and/or ongoing medical care, including eye and foot exams to all eligible veterans with diabetes who are not currently enrolled in the VA Health Care System. For more info call 201-677-4432.

WEDNESDAY, NOVEMBER 30

WEST ORANGE—School Nurse Symposium at the Joslin Center for Diabetes at St. Barnabas Medical Center. 2 to 5:30 p.m. For more info call 201-325-6555.

UNION COUNTY

NOW THRU DECEMBER 13

PLAINFIELD—"Weight No More... Lose it and Love it. 7-8:30 p.m. at the Diabetes Center of New Jersey. For more info call 908-668-2575.

RAHWAY—Inquire about free screenings and health fairs at Rahway Hospital. For more info call 908-499-6193.

TUESDAY, NOVEMBER 15

SUMMIT—Overlook Hospital will offer free blood glucose screening and diabetes counseling in the lobby from 10 a.m. - 2 p.m. For more info call 908-522-5277.

WEDNESDAY, NOVEMBER 16

HACKETTSTOWN—"Understanding Diabetes," a free lecture at Hackettstown Community Hospital. For more info call 908-850-6937.

PASSAIC COUNTY

TUESDAY, NOVEMBER 15

RUTHERFORD—"Managing Diabetes: Guidelines for Living Well," a free lecture at the Rutherford Public Library. For more info call 365-4321

HUDSON COUNTY

SATURDAY, NOVEMBER 26

JERSEY CITY—"Body Links" at the Liberty Science Center, Liberty State Park. 11 a.m. to 3 p.m. For more info call 201-200-1000.

BURLINGTON COUNTY

THURSDAY, NOVEMBER 17

RIVERSIDE—"What You Need to Know About Diabetes," a free lecture at Zurburg Memorial Hospital, Hospital Plaza 7 p.m. For more info call 800-654 GRAD.

FRIDAY, NOVEMBER 18 & 19

WILLINGBORO—Free blood glucose screening at Acme Pharmacy 4 to 8 p.m. 11 a.m. to 3 p.m. on the 19th. For more info call 609-890-2641.

NEWARK—Free confidential AIDS counseling and testing, Mon.-Fri. 9-6 p.m. Sat. 9-4 p.m. Newark Community Health Centers. For more

info call 201-565-0355 for appointment, or Plainfield Health Center at 908-753-6401.

ELIZABETH—The Elizabeth Center for Planned Parenthood of Greater Northern New Jersey is offering a low-cost cancer screening for women over 40 from 9 a.m. to 2 p.m. on the fourth Monday of every month. They provide pap test, cervical and breast exam and blood pressure check. Appointments only. For more info call 908-351-5384.

CRANFORD—The Domestic Violence Center's Choices, a support group for battered women, meets one evening a week and has been in existence since 1984. There are also support groups for men, Alternatives, and children, Coping. For more info. call 908-272-0304.

IRVINGTON—Irvington General Hospital offers free STD treatment on Thursdays. For more info call 201-399-6124 for an immediate appointment.

JERSEY CITY—Jersey City State College will offer a series of continuing education courses applicable toward the certified trauma counselor on Saturdays at 2039 Kennedy Blvd. For more info call 201 200-3089.

ENGLEWOOD—Planned Parenthood of Greater Northern New Jersey's Center for Family Life Education is sponsoring their tenth annual conference for educators at the Radisson Hotel. For more info call 201 489-1265.

NORTH BRANCH—"Treating Alcoholism on an Out-Patient Basis" program at Raritan Valley Community College from 9 a.m. to 4 p.m. For more info call 908 218-8805.

EDISON—A fully-monitored 13-week exercise and nutrition program designed to minimize the physical demands of pregnancy and speed up recovery following childbirth is available every Tuesday and Thursday at the JFK Health and Fitness Center at JFK Medical Center. For more info call 908-632-1610.

EDISON—An educational seminar for those interested in learning how to quit smoking entitled "Quit and Stay Quit," will be held on the last Thursday of every month from 7 p.m. to 8 p.m. at the Center for Drug and Alcohol Prevention and Treatment. For more info call 908-634-7910.

PINE BROOK—The March of Dimes Birth Defects Foundation is urging citizens throughout North Jersey to join its Campaign for Healthier Babies by sponsoring special events and programs. For more info call 201-882-0700.

EDISON—The Blood Bank at JFK Medical Center needs healthy blood donors, ages 17 to 70, (donors under age 18 must have written parental consent). If you or anyone you know would like to donate blood, or for further info call 908-321-7683.

CRANFORD—Alternatives, a group therapy for abusive or violent men in the home, is offering confidential group sessions on Thursday evenings and Friday mornings at The Mental Health Association office. Individual intake sessions are being scheduled now. For more info call 908-272-0304.

EDISON—A free educational series for individuals and families affected by drug and alcohol abuse, "Chemical Dependency Family Education." Mondays from 7 p.m. to 8 p.m. at the CDAPT office. For more info, call 908-634-7910.

CONTENTS

Features

- Drug research tackles top ten diseases in women.....3
- Your cholesterol number.....3
- National Diabetes Awareness Month.....6,7
- United Hospitals takes part in clinical trial...8

Departments

HB Kids

- Managing diabetes in children.....4
- Dealing with teen problems.....4
- Baby & You brochures for new moms.....4

HB Nutrition

- Don't be too busy to eat a healthy meal.....8
- Safety tips for thanksgiving meals.....8

HB Health

- Effects of AIDS/HIV on the African-American community.....9
- Self-esteem: Pumping it up.....9

HB Discovery

- Alive & Wellness :
a look at alternative medicine.....5

- Health Briefs.....3

PULSE

- NJ Medical School wins national award....11
- Cooper to chair AIDS Action council.....11
- National 800 TB info line launched.....11

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HEALTH BRIEFS

Nation's largest study of kidney disease in blacks recently launched

The first large-scale clinical trial on progressive kidney failure in blacks with high blood pressure has been launched by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), a part of the National Institutes of Health. Eleven medical centers in Baltimore, Cleveland, Atlanta, Nashville, Dallas, Washington, DC, Los Angeles and Torrance, California are now recruiting African Americans diagnosed with both reduced kidney function and high blood pressure to participate in the African American Study of Kidney Disease and Hypertension (AASK). Howard University, Meharry Medical College, Drew Medical Center and Morehouse College of Medicine, all historically black medical institutions, are participating. The study examines whether the deterioration of kidney function in these patients can be slowed or stopped by medications commonly used to treat high blood pressure: Atenolol, a beta blocker, Amlodipine, a calcium channel blocker, and Enalapril, an ACE inhibitor.

Sick travelers should take special precautions when going abroad

People with diabetes, for example, should discuss with their physicians the effect crossing time zones will have on insulin schedules, said Dr. James H. Runnels of the Travel Medicine Service at Baylor College of Medicine in Houston. Dosage and timing may need adjustment.

For international trips, an insulin insulator pack, available at pharmacies, is recommended. If the destination is a particularly hot climate, an insulated cold pack is also advisable. People with heart disease should guard against infectious diseases by getting appropriate vaccinations and preventive medicines, and they should be prepared to fight traveler's diarrhea. High elevations can also be a problem for heart-disease patients who suffer from shortness of breath or similar symptoms.

FDA urged to take stronger stand on folic acid to prevent birth defects

The level of folic acid the U.S. Food and Drug Administration proposes to add to the nation's bread and cereals is too low to provide maximum prevention of neural tube defects, the March of Dimes Birth Defects Foundation said recently. In recently published proposed regulations, the FDA said it will change the definition of fortified grain products to add 140 micrograms of the B vitamin folic acid per 100 grams of grain (in foods such as bread, macaroni, rice and corn meal). "This nation now has an extraordinary opportunity to implement a food policy that can prevent these tragic birth defects that can lead to a lifetime of disability or death," said Richard B. Johnston, Jr., M.D., medical director of the March of Dimes, in his testimony before the FDA's Folic Acid Subcommittee. "While we applaud FDA's decision to fortify food with folic acid, we strongly urge the agency to explore the possibility that adding a higher level of folic acid—between 10 and 350 micrograms—would prevent more birth defects without exceeding a threshold of safety."

Drug research tackles top ten diseases in women

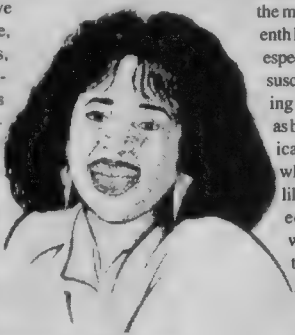
by Dr. Larry Lucas,

The ten leading killers of women are heart disease, cancer, stroke, pneumonia and influenza, chronic obstructive pulmonary disease, accidents, diabetes, septicemia (commonly known as "blood poisoning"), kidney disease, and atherosclerosis (commonly known as "hardening of the arteries").

Fortunately, there's hope for finding cures to these diseases. America's pharmaceutical research companies currently have 330 medicines in testing for the diseases that are among the top ten killers of women or diseases that affect only women or disproportionately affect women.

Almost half of the research projects currently underway target the three leading killers of women—heart disease, cancer, and stroke. There are 56 new medicines in development for heart disease and stroke, and 83 for cancer.

Many of the 83 medicines in development for cancer are being tested for more than one type of cancer. Fifty medicines are being studied for lung cancer and 62 for breast cancer, the two leading cancer killers of women. In addition, there are medicines being tested for cervical cancer, endometrial cancer, ovarian cancer and thyroid cancer.



roid cancer.

Forty-four of the medicines in development are aimed at diseases that often severely limit a woman's mobility, such as arthritis and osteoporosis. Thirteen of the medicines target diabetes, the seventh leading killer of women. Women, especially non-white women, are more susceptible to some of the heartbreaking complications of diabetes, such as blindness. According to the American Diabetes Association, non-white females are 25 percent more likely to suffer from diabetes-related blindness than white males and three times as likely as non-white males.

Sixty-one of the new medicines are obstetric and gynecologic medicines, such as contraceptives and drugs to treat the symptoms of menopause. In addition, there are medicines for infertility, sexually transmitted diseases and pelvic inflammatory disease.

Six of the research projects are tackling urinary tract infections, which are 30 times more common in women than in men. About 250,000 urinary tract infections per year lead to much more serious conditions, including septicemia, the eighth leading cause of death

among women.

There are also ten new drugs in development for Alzheimer's Disease, which is twice as common in older women as in older men; three for multiple sclerosis, and five for migraine headaches. Twenty of the new medicines target psychiatric disorders such as depression, which is twice as likely to strike women as men.

Although it is not one of the top ten killers of women, AIDS is increasing among women. For women in the 25 to 44 age group, AIDS is the fifth leading cause of death. And, in the 1990s, the number of AIDS cases diagnosed among African American women has been 14 times higher than the rate for white American women. At last count, pharmaceutical companies were pursuing 110 research projects on new medicines for AIDS.

It's important to remember that these medicines are still in development and not yet available. It takes approximately 12 years—and an average of \$359 million—to develop and test a new medicine and obtain approval from the Food and Drug Administration. But most of the potential medicines described above are in the final phases of development. And, by the time you read this, there will probably be even more drugs in the pipeline. That's the good news about drug research.

For a free copy of "New Medicines in Development for Women," write to PhRMA, 1100 15th Street NW, Washington, DC 20002.



Your cholesterol number: what's the big deal?

If you think your blood cholesterol level is just another number, think again. And if you're asking yourself, "What's the big deal?" you should know that if your number is high, it is a big deal.

You may not be able to see it or feel it, but high blood cholesterol is a major risk factor for heart disease—the No. 1 cause of death in the U.S. And heart disease is a greater threat to African Americans than any other illness.

Cholesterol: in your blood and in your diet: A blood cholesterol number below 200 is "desirable," meaning you're at lower risk for heart disease. Numbers between 200 and 239 are "borderline high." You're at greatest risk if your number is 240 or more.

Cholesterol helps make cell membranes, some hormones and Vitamin E. Your liver makes all the cholesterol your body needs. But the foods you eat can raise your blood cholesterol level—especially foods with saturated fat.

Cholesterol travels in your bloodstream, and any excess will build up on the walls of the arteries that carry blood to the heart. This narrows the artery walls and slows down or blocks the blood flow to the heart.

Less blood means less oxygen for the heart. This can lead to chest pain, heart attack or even death.

But there are steps that each of us can take to

prevent high blood cholesterol.

Have your blood cholesterol checked: If you are 20 or older, and haven't had your cholesterol checked in the last five years, ask your doctor for a cholesterol test on your next visit.

Blood will be drawn from your arm or finger to be tested for two things: Your total cholesterol and your HDL cholesterol. HDL is called "good cholesterol" because it helps remove excess cholesterol from your blood.

If your total cholesterol number is 200 or lower and your HDL number is 35 or higher, follow a heart-healthy lifestyle and get checked in another five years.

If your numbers raise a red flag that you are at risk for heart disease, your doctor should advise you about further testing and possible treatment.

Preventing high blood cholesterol levels: Once you know your cholesterol number, you can alter your lifestyle to lower it or keep it low. Eat right, stay physically active, lose weight if you are overweight and don't smoke. Eating right and staying active will help you reach a healthy weight.

Eat the heart healthy way: These tips are good for everyone in your family, including children as young as two.

- Cut down on foods high in saturated fats. Switch to non-fat and low-fat dairy products like skim milk, nonfat yogurt and low-fat cheeses. Choose lean cuts of meat, trim visible fats from meat and remove skin from poultry. Limit butter, lard, fatback and other solid shortenings when cooking.
- Cholesterol is found only in animal products. Avoid high-cholesterol organ meats (liver, kidneys) and egg yolks (egg whites contain no cholesterol).
- Eat high-fiber foods rich in complex carbohydrates: Breads, cereals, pastas, grains, fruits and vegetables. These foods are naturally low in fat and calories, and cholesterol-free.
- Choose cooking methods that don't add fat and cholesterol. Try steaming, poaching, broiling or grilling instead of frying or sautéing.

Stay active: Any physical activity that raises your heart will improve blood cholesterol levels. Try aerobic activities like brisk walking, swimming or jumping rope for about 30 minutes, at least three times a week. Less vigorous activities like gardening or dancing can make a difference, too.

Managing diabetes in children: education is key

More than 11 million people are affected with diabetes, of this number more than 123,000 are children and teenagers. Blacks, in particular, die from diabetes at a rate of four times that of whites. If managed properly, however, people with diabetes can live full, healthy lives.

November is National Diabetes Education Awareness Month, and throughout November, United Hospitals Medical Center is taking extra steps to educate diabetics and family members about the need for continuing education, good nutrition and other tips on managing diabetes.

"Diabetes is a complicated disease because it can lead to other health problems," said Annette Hubbard, RN, director of the outpatient department at United, and coordinator for the Cultural Diabetes Outreach Committee.

"Some of these problems include diabetic foot ulcers, eye problems such as glaucoma and even hypertension. Visiting a physician regularly is important because, if left undetected, diabetes can lead to blindness, stroke, amputation and even death.

Managing the care of young children with diabetes, who are still developing and

growing, is different from that of adults.

"Acceptable blood sugar levels for children vary greatly, and things that may be tolerated in adults or older children, such as episodes of low blood sugar, can be devastating to young children," said Robert Rapaport, MD, director of pediatric endocrinology at United Hospitals' Children's Hospital of New Jersey.

"Children must adhere to fairly tight schedules to balance when, and what they eat with their insulin and engages in other activities," Rapaport continued.

Educating patients in order to help them manage their disease better requires a coordinated team approach that includes physi-

cians, dietitians, nurses and even social workers. These health professionals work with patients to teach meal planning, appropriate exercise programs and counseling. By participating in regular support groups, patients gain a better understanding of their disease, and learn new ways of dealing with crises.

United Hospitals Medical Center offers support groups for both diabetic children and adults and their families.

For more information about diabetes services at United, contact the adult outpatient department at 201-268-8131, or the pediatric endocrinology division at Children's Hospital at 201-268-8349.

Dealing with teen problems

The teen years have long been known for their turbulence, and taking a closer look it's easy to see why.

During adolescence, humans experience more changes—physically and emotionally than at any other time of their lives, outside of infancy. While being a teenager today still poses a good many challenges, there are some basic tools that can help guide teens along the sometimes rocky road to adulthood. Dr. Diane Schaar, a pediatrician at EHS Trinity Hospital, offers some advice on how to help your teens have a smoother and healthier passage.

Assertiveness: Kids need to be able to stand up for themselves. "Encourage teens to speak their mind, acknowledge their feelings and know that they count," Dr. Schaar said.

Values Clarification: Teens receive many mixed messages about values—often and another from the media. "Encourage teens to ask questions and challenge the basis of each set of values," Dr. Schaar said. "It's as important for them to know what they feel and why. It's also important for them to know what parents' values are, and why."

Self-esteem: This gives teens the toughness to withstand the normal blows of adolescence, to stand up to peer pressure when it violates their values and to pursue life goals. "Parents should be quick to praise their teens when they make a wise choice or act re-



sponsibly," Dr. Schaar said. "Encourage teens to make the choices that are right for them."

Anger Management: This is an essential skill for teens because of the violence they are exposed to both in the real world and understand that anger is a normal human emotion, but violence is not an appropriate response," Dr. Schaar said. "Peer mediation groups, existing in many schools, help teach teens how to talk through their differences."

Making Mistakes: Teens need to know that it's okay to make mistakes, that they can learn from the experience and move on. "Let them make some mistakes," Dr. Schaar recommends, "but don't say 'I told you so' afterwards"



Director of Clinical Services Jacalynn Lott (right) with Valerie Wilson of Plainfield holding her two week old daughter Jamena (center) and Barbara Repetti, Coordinator of the Union County Coalition for Prevention of Developmental Disabilities who is sharing "Baby & You First Weeks at Home" brochure.

Baby and You brochure available for new mothers

An estimated three out of every 100 New Jerseyans are born with a developmental disability that may be caused by genetic disorders, poor or no prenatal care, substance abuse during pregnancy, injury due to vehicle crashes and family violence, lead poisoning, AIDS or other factors.

This year The Arc of Union County's Coalition for Prevention of Developmental Disabilities received funding from the Office for Prevention of Mental Retardation and Developmental Disabilities, New Jersey Department of Human Services, to engage in a variety of prevention projects. One of these is the "Baby and You First Weeks at Home" brochure.

This educational brochure answers many of the questions a new mother has regarding her baby. The information was need in response to the new early release "24 hours and out" hospital policy after childbirth.

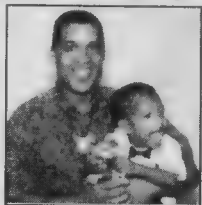
In addition to providing resources for the baby, much more information is supplied for the mother and her family. Eight thousand copies were distributed to hospitals in Union County and is available in English and Spanish.

For over five years, The Arc of Union County has initiated educational projects to increase the general population's knowledge that many of these disabilities are preventable.

New Jersey does not always have the resources needed to provide services to support persons with disabilities. Emphasis must be placed on prevention of disabilities and on health promotions. For more information on the brochure call 908-754-7052.

Health and Family Directory

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HB DISCOVERY

Alive and Wellness: a look at alternative medicine

by Sandra Wright

Americans spend as much money on alternative treatments as they do on conventional medicine. There has also been a lot of publicity given to homeopathy, aromatherapy and other types of alternative that are supposed to do wonders for our health.

Well, if you are interested in alternative ways of treatment, or even if you are just a little curious, you can get all the information you need to satisfy your curiosity by tuning in to CNBC's new talk show on alternative medicine, *Alive and Wellness*.

The one-hour live show is broadcast Monday to Friday, at 11 a.m. and is hosted by former Channel 2 anchor, Carol Martin, who, according to Producer Ann Marie Williams is very interested in alternative medicine.

For individuals who are asking the question, "what exactly is alternative medicine?"

Williams quoted the meaning from the *Herbal Holistic Dictionary*, "Alternative medicine is anything natural, different, or unusual."

According to Williams, *Alive and Wellness* was created to expose and inform people about alternative methods of treatments, from acupuncture to herbalism.

"However, this form of medicine is not

intended to replace any doctor, or an individual's regular physical maintenance," said Williams.

"This method is more of a complementary practice and is not meant to bash conventional medicine."

Each week, via satellite, or in-studio, guest experts are invited to discuss the latest developments in treatments such as acupuncture, massage, yoga, aromatherapy and other various forms of alternative treatment. Past guests on the show have been authors Daniel Berkeley and Bernie Segel.

Williams stated that the show has come a long way since its inception in July of this year.

"When we first started we worked very hard. It was even harder because there were only five of us working on the entire show. To get materials and information we reached out to the community. We called the Omega Institute, and moodologies, places known for practicing alternative medicine, and every major health magazine that we knew existed. Now people know that we are here so the information just keeps pouring in. It's great."



Carol Martin, host of *Alive and Wellness*

Williams noted the difference between holistic, or alternative treatment to what we know as conventional medicine.

"The difference between holistic, or alternative treatments and regular medical treatment is that holistic methods consist of vitamins, supplements and all natural means, instead of drugs."

Williams also pointed out the big difference between doctors in both fields.

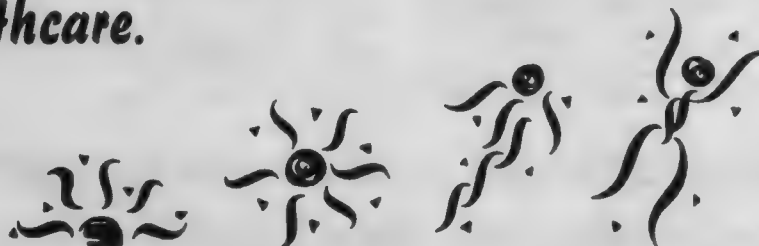
"Doctors who practice holistic healing are more personal with patients. They try to diagnose the underlying reason for what is causing an illness before they prescribe treatment. They get right to the root of the matter," she said.

Williams cautions viewers of the program never to substitute holistic medicine for a regular check-up.

"These methods are unproven. We here at *Alive and Wellness* are exposing our viewers to something relatively new and different, so they should not

take our information as is. Always see a doctor first."

We're Reshaping healthcare.



United recognizes November as National Diabetes Awareness month. Throughout the month, we're offering a number of special events and educational programs in conjunction with the American Diabetes Association and various community groups.

We have a full range of services for diabetes management and host support groups regularly. For more information about our Diabetes Program, please call (201) 268-8131.

UNITED HOSPITALS MEDICAL CENTER

CHILDREN'S HOSPITAL
OF NEW JERSEY

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For more information, call (201) 268-8022

National Diabetes Awareness Month

What is Diabetes?

Diabetes is a severe, life-threatening chronic disease resulting from an impairment of the body's ability to turn glucose into usable energy.

People with diabetes either produce too little insulin (a hormone made by the pancreas which regulates the level of sugar in the blood and promotes transport and entry of sugar into the muscle cells and other tissues), or are unable to use insulin effectively, resulting in an abnormally high concentration of sugar in the blood.

High glucose levels and the inability to use glucose as energy cause symptoms such as weight loss, thirst and excess urination.

There is no cure for diabetes as yet, but it can be controlled; insulin is not a cure.

Diabetes: A serious health problem

Fourteen million Americans, or six percent of the U.S. population have diabetes. Just over seven million have been diagnosed; the remainder do not know they have the disease.

Diabetes is the fourth leading cause of death by disease in the U.S., claiming an estimated 150,000 Americans annually.

If diabetes remains untreated or poorly controlled, then long-term exposure to high blood sugar can lead to a range of serious complications, including heart disease, kidney failure, blindness and nerve damage, sometimes leading to the need for limb amputation.

Types of Diabetes

There are two types of diabetes, Insulin Dependent and Non-Insulin Dependent.

Insulin Dependent Diabetes Mellitus (IDDM) is also known as Type I diabetes or juvenile-onset diabetes. It occurs most often in children and young adults, but can appear at any age.

Ten percent of all known cases of diabetes—affecting about 1.5 million Americans—are Type I diabetes.

Long-term complications include disease of the heart, kidney, eye and nerves.

People with Type I must take daily injections of insulin and follow a healthy meal plan to stay alive.

Non-Insulin Dependent Diabetes Mellitus (NIDDM) is also known as Type II diabetes or adult-onset diabetes. It usually develops in adults over 30 years old who are more than 20 percent overweight, and its onset is gradual.

It is by far the most common form of diabetes, afflicting 12.5 million Americans or 85-90 percent of the diabetic population.

NIDDM is often mistakenly called "mild" diabetes. Complications similar to those of insulin dependent diabetes can develop at a rapid pace—though the prevalence of the complications varies between the two disorders.

Treatment is aimed at controlling blood glucose levels and usually starts with dietary modifications and, if this approach fails, oral therapies, such as hypoglycemic agents, are added. If they too are unsuccessful, daily insulin injections may be required.

The importance of Glycemic Control

The primary aim of diabetes treatment is to maintain a balance of insulin and glucose and to keep the sugar level in the blood as normal as possible—so-called diabetes "control."

The three elements of "control" that must be constantly balanced are food, exercise and insulin; food raises the glucose level; exercise and insulin lower it.

Failure to maintain this balance can lead to hypoglycemia (low sugar or "insulin shock")

or hyperglycemia (high blood sugar).

Early detection and control of abnormal blood sugar levels can reduce the likelihood of long-term complications.

Diabetes often leads to serious illness

People with diabetes are two to four times more likely to suffer from heart disease and two to six times more likely to have a stroke than people without diabetes.

Diabetes is the most common cause of kidney disease; in fact diabetics are 17 times more prone to kidney disease.

In an average year, as many as 56,000 thousand leg and foot amputations are carried out as a result of diabetes complications.

The disease can also lessen the chance of a successful pregnancy and can increase the risk of birth defects.

Higher Prevalence in Minorities

Diabetes continues to be a major health problem with minorities. The Task Force on Black and Minority Health, appointed by the secretary of the Department of Health and Human Services, cited diabetes as one of six health problems responsible for excess mortality among U.S. minority populations.

Diabetes in blacks

Prevalence: An approximate two million African-Americans have diabetes in the United States.

Blacks are 60 percent more likely to develop non-insulin-dependent diabetes (Type II) than caucasians.

They have higher rates of diabetes at all adult levels, and among those 65 to 74 years of age, one in four has diabetes.

Relatively uncommon among blacks at

the beginning of this century, diabetes is now the fourth leading cause of death by disease among black women and sixth among black men.

They experience higher rates of at least three of the serious complications of diabetes: blindness, amputation and end stage renal disease (kidney failure).

Diabetes in Hispanics

Prevalence: Over one million Hispanics in the United States have diabetes. Hispanics have a 300 percent higher chance of developing Type II diabetes than the general population.

One-third of Hispanics 65 to 74 years old have diabetes, compared with 17 percent of non-Hispanic whites in this age group.

Population studies among Hispanic women with diabetes show significantly high death and complication rates during pregnancy.

Severely overweight Hispanics appear to be at higher risk for diabetes than their non-Hispanic counterparts. Sub-populations of Hispanics have varying risk profiles for diabetes.

Mexican Americans and Puerto Ricans

Both Mexican-Americans and Puerto Ricans are twice as likely as the general population to have diabetes. Approximately one quarter of these individuals between the ages of 45 to 74 have diabetes.

Cuban Americans

Cuban-Americans are one and a half times more likely than the general population to have diabetes. Nearly 16 percent of Cuban-Americans between the ages of 45 to 74 have diabetes.

Information provided by Miles Pharmaceutical Division, West Haven, CT.

\$1.9 million offered to assess risk factors for diabetes-related blindness in blacks

A UMDNJ researcher has launched a four-year landmark program to determine which blacks with diabetes will develop blindness from the disease and how to prevent it from occurring.

The program, the first to probe blindness due to diabetic retinopathy among blacks in the United States, seeks to isolate specific risk factors associated with this condition. Once these factors are identified, prevention and treatment can be developed.

Diabetic retinopathy, a complication of diabetes, is caused by the deterioration of the blood vessels in the retina at the back of the eye.

"Diabetic retinopathy among black diabetics is in dire need of investigation," said Dr. Monique Roy, assistant professor of ophthalmology at UMDNJ-New Jersey Medical School and director of the department's medical retina service and retinal vascular laboratory.

"We don't have up-to-date statistics on the prevalence of blindness among black diabetics," said Dr. Roy "but available figures

show that at least twice as many blacks as whites have diabetes and we suspect that may mean at least twice as many have associated eye damage.

"Most studies have been conducted among predominately white populations and there are virtually no published data detailing risk factors or severity of diabetic retinopathy among blacks with the disease. This lack of information represents a major public health problem."

The program is supported by a \$1.9 million grant from the National Eye Institute of the National Institutes of Health (NIH). The program, "Risk Factors for Diabetic Retinopathy in Black Americans," will involve 1,000 blacks with Type I diabetes.

Other risks thought to be significant in blacks with diabetes are:

- Predilection toward women: Non-white women may have a higher rate of blindness due to diabetic retinopathy than either non-white men or white women.
- Poor glucose control: Poor glucose or blood-sugar control has been associated with

diabetic retinopathy in white diabetics. The new program will assess whether black diabetics regularly follow prescribed diets and use required medication to control glucose.

- High blood pressure: Among black diabetic patients there is a high prevalence of hypertension. The study will relate levels of hypertension to severity of diabetic retinopathy.
- Low socioeconomic status: Studies have shown that the highest rates of diabetic retinopathy exist among those of low socioeconomic status. The study will investigate this association.

"We hope that the program will produce important public health and medical recommendations. For example, if black women and those with hypertension are found to be the most susceptible to diabetic retinopathy, we will recommend that they be identified and treated aggressively as early as possible. We will suggest more frequent follow-up and stronger anti-hypertension medication," said Dr. Roy

Blacks who agree to participate in the program will go to the medical school for a blood test, a thorough medical history and a comprehensive eye examination, with special emphasis on the condition of the retina.

Investigators expect to compile significant new data to help pinpoint the severity of diabetic retinopathy and the most compelling risk factors.

Diabetic retinopathy is responsible for 12 to 15 percent or new cases of blindness each year in the United States. In fact, it is the third leading cause of blindness, after cataracts and glaucoma. Diabetes can affect circulation to the eye, damaging the retina's blood vessels.

The damaged vessels may leak, develop new branches or become enlarged in places. The retina, the light sensitive membrane that lines the back of the eye, receives images cast by the cornea and lens and then sends them to the brain by the optic nerve.

National Diabetes Awareness Month

Nation's largest clinical trial to focus on Hispanic and African-American diabetes patients

To better understand the clinical profile of certain minority group diabetes patients at especially high risk for the disease, Miles Pharmaceutical Inc., has announced a \$10-million research initiative to test the safety and efficacy of an investigation therapy in treating Type II, or adult-onset, diabetes in Hispanics and African Americans.

The research effort will consist of two studies—one exclusive to Hispanic patients and the other exclusive to African Americans—that will each involve 360 patients at 15 medical centers across the country over a one-year period.

This effort represents what is believed to be the largest pharmaceutical research program exclusively studying minorities with diabetes. Earlier clinical trials have been conducted with the investigation drug, an alpha-glycosides inhibitor (AGI), in patients without any minority emphasis.

"There has been limited study of diabetes therapy in Hispanics and African-Americans, despite the high prevalence of diabetes in these communities," said Jaime Davidson, MD, trial investigator at Medical City Dallas and co-chair of the American Diabetes Association's Diabetes Assistance and Resources (DAR) programs. "These patient groups are more likely to develop the disease, often have a poor prognosis and, in turn, suffer from worse complications."

The problems for minorities posed by diabetes are often compounded by factors such as genetic susceptibility, lower socioeconomic status, limited health care access and language/cultural barriers. These factors often influence treatment options and contribute to the poor prognosis experienced by both groups.

Effective glycemic control is the focus of diabetes treatment. As the recent NIH study, the Diabetes Control and Complications Trial (DCCT), has shown, complications from diabetes, such as blindness, kidney failure and amputation, have been linked to poor control of blood sugar levels. Because of this correlation, any therapy that reduces blood glucose levels can be significant and beneficial.

Importance of diabetes research in minorities

These new studies focus on Hispanics and African Americans, as the two groups that suffer from a high prevalence of diabetes. It is estimated that Hispanics are as much as 300 percent—and African-Americans 60 percent—more likely to develop the disease. The Task Force on Black and Minority Health, appointed by the Department of Health and Human Services, cited diabetes as one of six health problems responsible for excess mortality among U.S. minority populations.

The drug being evaluated in these studies is one of a new category of drugs called alpha-

glycosides inhibitors (AGIs) or carbohydrase inhibitors. This new category of drugs works differently than the conventional diabetes therapies now available.

"We are hopeful that our studies will show that this new approach may offer helpful treatment options for many diabetes patients," said Peter Johnston, M.D., associate medical director at Miles Inc.

"We also hope that this research will contribute to improved treatment of these underserved minority patient groups," he said.



If diabetes remains untreated or poorly controlled, then long-term exposure to high blood sugar can lead to blindness.

Risk factors and warning signs of diabetes

- People who are at risk for diabetes include:**

 - Anyone who is overweight
 - People with a family history
 - People who are 40 and older
 - Blacks
 - Hispanics
 - Native Americans

Warning signs of diabetes

What you should look for if you think you are at risk:

For the insulin dependent type

 - Frequent urination (including bed wetting in children who have been toilet trained)
 - Sudden weight loss
 - Excessive thirst
 - Extreme Hunger
 - Weakness and fatigue
 - Irritability

For non-insulin-dependent type

 - Any of the insulin dependent symptoms
 - Blurred vision or any change in sight
 - Slow healing of cuts (especially on the feet)
 - Frequent infections
 - Tingling or numbness in the legs.

New Jersey residents with diabetes should obtain yearly eye exam

November is National Diabetes Month and the American Diabetes Association is teaming up with the National Eye Institute and nine other voluntary health and community organizations to inform the 460,000 New Jersey residents with diabetes about the dangers of diabetic eye disease.

Diabetes is the leading cause of new cases of blindness in adults 25 to 74 years old. Each year, up to 39,000 people lose their sight because of the disease.

"Of the nearly 14 million Americans with diabetes, nearly half will develop some degree of diabetic eye disease, including diabetic retinopathy, glaucoma, and cataract," said Patricia Barta, RN, MPH, CDE, president of the American Diabetes Association, New Jersey Affiliate, Inc. "Despite these alarming statistics, many people with diabetes aren't

seeing an eye doctor regularly. We strongly encourage all people with diabetes to obtain a yearly dilated eye exam to detect retinopathy early and possibly prevent blindness."

To encourage people with diabetes to see an eye doctor regularly, the two organizations have partnered with several others to distribute a free informational brochure on the dangers of diabetic eye disease.

This brochure, a referral to a local eye care professional and other free information about diabetes management are available by calling the American Diabetes Association at 1-800-DIABETES (1-800-342-2383).

Throughout November, the Association will offer an array of special events designed for people with diabetes and their families.

Four for Health

FREE health screenings and information for adults of all ages

sponsored by
Muhlenberg Regional Medical Center
Elizabeth General Medical Center
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Thursday, November 17
1 p.m. – 6 p.m.

Cranford Community Center
200 Bloomingdale Avenue, Cranford, NJ

Screenings:
lung capacity • posture • blood pressure
body fat • hearing • cholesterol
vision • glucose (for diabetes)

Information & Demonstrations:
women's health • substance abuse
wellness • long-term care • men's health
stroke prevention • pediatric asthma
and much more

For more information call (908) 668-3170.



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HB NUTRITION

Don't be too busy to eat a healthy meal

by James L. Phillips, M.D.

Like me, you probably have a busy schedule. Think it's difficult to eat healthy? Nothing could be further from the truth.

Unfortunately, millions of active Americans leave sensible eating on the back burner because they think they have no time for nutritious, heart healthy eating.

The solution? Plan ahead. Set aside an evening to cook a large casserole, chicken breast dishes, or a pot of homemade vegetable soup so you can have lunch ready-made for the rest of the week. Make your lunch the evening before so you don't rush out in the morning

without it.

At the grocery store, buy heart friendly fare like pasta, rice, potatoes, whole grains, fruits and vegetables. Try the reduced-fat cream soups and low-fat deli meats like smoked turkey. Check out the new nutrition facts label for fat and calorie content.

Stock up on foods like fresh fruit, raw vegetables such as broccoli florets with a low-fat dip, and baked tortilla chips with chunky salsa. Also, don't rush to the supermarket on an empty stomach. You might end up buying your favorite "junk" foods.

When cooking, try broiling, grilling, steaming or baking instead of frying. Often, clean-up is quicker, and the food is healthier.

If you crave traditional African-American "soul food" like collard greens and black-eyed peas but don't have time to prepare fresh ones, buy frozen greens and peas. Season them without the salt pork, vegetable oil and butter.

Here are some other quick and easy tips from nutritionists at Baylor College of Medicine in Houston to start you on your way to eating healthy.

Buy a low-fat cookbook with dishes that can be prepared in 30 minutes or less.

When you go grocery shopping, buy pre-packaged meals like tossed salad and stir-fried chicken and vegetables.

Learn which ingredients are available in the supermarket that are low-fat and can be

combined with another food to produce a quick, healthy meal. A good example is spaghetti sauce and pasta.

If you snack at work, have low-fat foods like pretzels available. At the vending machine, choose snacks like whole-grain crackers, bagel chips, butter-free popcorn and fruit juices instead of candy bars, potato chips and sugary soft drinks.

It's okay to "save time" by eating at a fast-food restaurant, but opt for a grilled chicken sandwich with mayonnaise. Many fast-food chains offer a salad bar, but choose low-fat dressing. Taking the time to eat right doesn't have to take a "bite" out of your busy day.

Practice caution when cooking for the holidays

Don't go for the "quick thaw" and let bacteria eat your turkey this Thanksgiving.

"Turkey and other poultry defrosted outside the refrigerator too long are prone to contamination with salmonella bacteria," said Dr. A. Clinton White Jr., an assistant professor of medicine at Baylor College of Medicine. "Once the turkey has thawed, it's

important to cook it thoroughly to kill bacteria and avoid serious illness."

Salmonella poisoning is caused by bacteria that develop in raw or undercooked meats and other foods stored in a warm environment. When eaten, bacteria grow in the intestines, causing stomach pain, nausea, vomiting, diarrhea and dehydration.

"Over-the-counter anti-diarrheal medications can help soothe your stomach pain, but drink plenty of fluids to treat dehydration," White said. "If the symptoms worsen, see your doctor."

Other foods like eggs and shellfish can also pose a health risk. If your holiday recipes call for eggs, be sure to purchase clean, uncracked eggs, and keep them refrigerated. Avoid serving raw or undercooked egg yolks, which increase the risk of infection. People who enjoy eating raw shellfish, like oysters, over the holidays should also be cautious.

"Eating raw oysters is not a good idea, especially for people with liver disease, because it harbors cholera-like organisms called vibrios which cause life-threatening infections," White said.

Hands should be thoroughly washed before preparing foods to reduce bacteria

transmission.

"You can contaminate the turkey with common bacteria that you carry on your skin," White said.

Follow these holiday cooking tips and you and your family can enjoy a happy and healthy season:

- Don't use the same knife you cut raw poultry with on other foods.
- Wash cutting boards, counter tops and cooking utensils with hot, soapy water.
- Avoid sampling rare beef or poultry.
- Check the temperature of your turkey with a cooking thermometer to make sure the turkey has been cooked thoroughly.
- Thoroughly wash lettuce, peeled potatoes and other vegetables and fresh fruits.
- Throw away eggs kept for more than a month.
- Refrigerate leftovers immediately.

United Hospitals participates in landmark clinical trial

United Hospitals is one of 150 hospitals in the nation, and the only one in New Jersey, chosen to participate in a national clinical trial on hypertensive drugs.

The ALLHAT study (Anti-Hypertensive and Lipid Lower Treatment Heart Attack Trial) is a six-year National Heart, Lung, and Blood Institute study that will measure the effectiveness of four commonly used blood pressure medications including alpha-1-blockers, ace-inhibitors, diuretics and calcium channel blockers.

The study will enroll 40,000 nationally and approximately 150 patients at United Hospital. The trial will target people 60 years of age and older who are at high risk for a heart attack, stroke or even death due to high blood pressure.

United Hospital was chosen, in part, because of the large black population it serves. The rate of hypertension among blacks is four times higher than that of any other ethnic group.

According to A. B. Cuyjet, MD, director of the Adult Hypertension Management Center at United, and coordinator of the ALLHAT trial at the Medical Center. "The goal of the Hypertension Management Center is to make it recognized as a center of excellence in the eyes of patients and physicians. Participating in the ALLHAT study will help us to do that," Cuyjet said.

Since blacks are disproportionately affected by hypertensive diseases, the study requires that at least 55 percent of its enrollees be of black descent, making it the first major hypertension study to target blacks.

"The ALLHAT trial is a first in many

regards in that it specifically targets blacks, high-risk patients and the elderly population," said Thelma Stich, MS, clinical nurse specialist and project coordinator for the Hypertension Management Center.

Because the majority of United Hospital's hypertension patients are blacks, these and other requirements gave the hospital advantage over other facilities looking to be included in the study.

Over the next six years, patients included in the study will be monitored in order to determine how effective the four major groups of blood pressure medications alpha-1-blockers, ace-inhibitors, diuretics and calcium channel blockers, are in controlling hypertension, and how well these drug therapies prevent heart attacks and stroke.

Cholesterol and triglyceride levels of patients will also be studied and treated with diet therapy and lipid-lowering agents. Participants' medications, diagnostic tests and all treatment related to the study will be paid for by the National Institutes of Health.

"It's important that patients realize that we are studying medications that are currently being used, not experimental drugs, which is what most clinical trials are doing," said Stich.

Patients who are 60 years of age and older and who are hypertensive, are welcome to enroll. Those aged 59 can receive a preliminary evaluation now in order to be enrolled next year.

All patients must be referred by a physician. For more information, contact Thelma

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HB HEALTH

The effects of HIV/AIDS and the African-American community

A disproportionate number of AIDS cases continue to be reported among African Americans. Of the first 100,000 reported cases, 27 percent occurred among African Americans; of the second 100,000 reported cases, this proportion increased to 31 percent.

Of the 244,372 AIDS cases reported to the Centers for Diseases Control and Prevention in U.S. residents by December 1992, blacks and Hispanics accounted for:

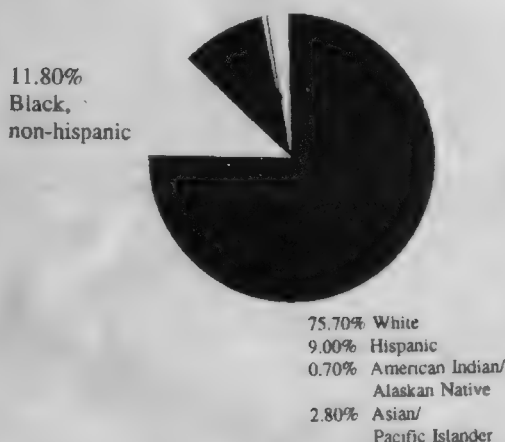
- 45 percent of the total
- 72 percent of the women
- 71 percent of the heterosexuals
- 78 percent of the children

In 1992, HIV infection became the leading cause of death for men aged 25-44 and the fourth

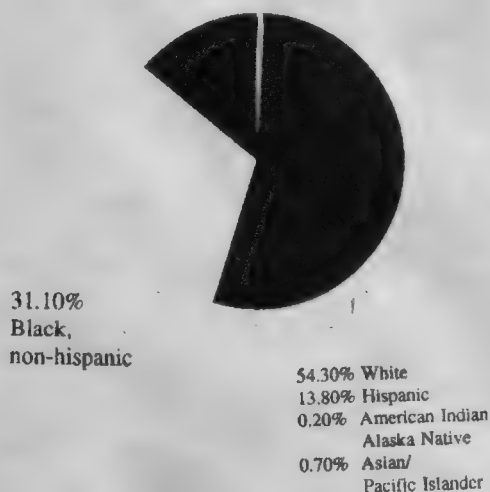
leading cause of death for women in this age group. These statistics are stratified by race however. HIV infection is the leading cause of death for African-American men aged 25-44 and the second leading cause of death for white men in that age group. HIV infection is the second leading cause of death for African-American women aged 25-44 and the sixth leading cause of death for white women in that age group.

HIV infection has more severely affected mortality among African-Americans and Latinos than any other racial/ethnic groups. These differences likely reflect social, economic, behavioral or other factors rather than race/ethnicity directly.

While blacks account for 11.8% of the population,

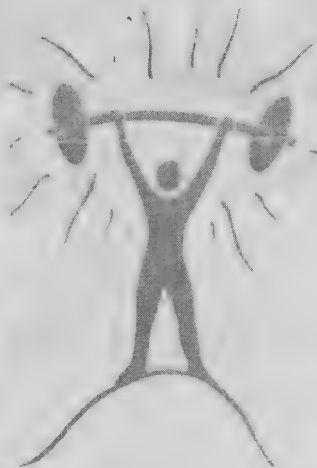


Blacks account for over 30% of AIDS cases.



Source: Centers for Disease Control and Prevention

Self-esteem: pumping it up



Dr. Laftifah Sabree, a family practice physician says the key to feeling good deep down about who you are and what you can do is up to you. You can start by giving yourself a healthy dose of the following:

Acceptance: Identify and accept your strengths and weaknesses—everyone has them.

Help: Set realistic goals for yourself. Take a dance class, finish a book or spend an extra hour on a hobby each week. No matter what age you are, continue to explore new skills and develop your abilities.

Praise: Take pride in your achievements, no matter how big or small, and enjoy them. To celebrate, treat yourself to a movie or coffee with a friend.

Time: Take time out regularly to be alone with your thoughts and feelings. Learn to enjoy your own company. Journal writing can be a rewarding independent activity.

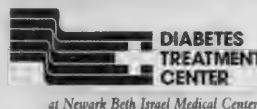
Trust: Pay attention to your thoughts and feelings and act on what you think is right—your own advice is often the best. Do what makes you feel happy and fulfilled.

Respect: Don't try to be someone else. You have your own unique talents. Explore and appreciate them—and be proud of who you are.

And most importantly, don't let past failures hold you back. You owe it to yourself to learn to feel good about who you are today.

Women in the '90s continue to make tremendous strides, but the challenges they face have far from disappeared. Raising children in the city, often single-handedly, while managing a career can be a difficult act to juggle.

How can women best meet these challenges? You've heard it before—the best ammunition for gaining success and happiness is self-esteem.



at Newark Beth Israel Medical Center

DIABETES: ARE YOU AT RISK?

In recognition of National Diabetes Month, the Diabetes Treatment Center at Newark Beth Israel Medical Center wants people to know more about diabetes, its symptoms, and treatments that are available. The designated month offers you an opportunity to check yourself and learn more about how to fight and beat this deadly disease that affects more than seven million Americans.

In addition, during November, the center will provide free diabetes risk tests upon request.

Other services available through the Diabetes Treatment Center include:

- Inpatient treatment and education
- Certified diabetes educators
- Outpatient consultations
- Outpatient classes
- Support group

For information or a free risk test, call the Diabetes Treatment Center at (201) 926-3218.



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PULSE

NJ Medical School wins national community service award

The Association of American Medical Colleges has selected the New Jersey Medical School as this year's recipient of the Outstanding Community Service Award. The award was established in 1993 to recognize medical schools and teaching hospitals for long-standing, broad-based service to their communities.

"The New Jersey Medical School is a vibrant, culturally diverse academic medical center that has consistently maintained its original mission of having a direct, positive impact on the health of Newark's residents," said AAMC President Jordan J. Cohen, M.D. "It is a quintessential example of what community service by the nation's medical schools is and should be."

"Receiving an award for community service is one of the most important honors a medical school can achieve," said Ruy V. Lourenco, M.D., dean of the New Jersey Medical School, which now is one of the seven schools that comprise the University of Medicine and Dentistry of New Jersey

(UMDNJ). "Our faculty, students, and staff have a historic and steadfast dedication to improving the health and education of those in our community, and we are deeply honored to have our efforts recognized nationally by such a prestigious award."

New Jersey Medical School is recognized for its creative educational programs to increase the presence of underrepresented minorities in the health professions. Programs include the Health Professions Summer Enrichment Program, the Minority High School Research Apprentice Program, and the Fantastic Voyage Summer Camp, which capture the imaginations of young minority students by opening the world of basic and biomedical science for them.

The School also is applauded for its care of Newark's vulnerable populations through innovative and highly responsive social and health programs such as the Young Fathers' Program, the Newark Children's Health Project, and the Teaching Mothers Program.



Richard A. Williams of Scotch Plains has been awarded the 1993 American Massage Therapy Association (AMTA) New Jersey Chapter Meritorious Award for outstanding professionalism and service.

Williams is the coordinator for the New Jersey AMTA Sports Massage Team. Williams has offices in Cranford, Watchung, and Scotch Plains. He specializes in Swedish massage, sports massage, and foot reflexology.

Mario Cooper elected to chair AIDS Action Council Board

Former White House staff member Mario M. Cooper became the first African-American to lead the AIDS Action Council when he was elected chair of the organization's board of directors.

Cooper's objectives as chair include opening doors for collaborative efforts between the African-American community and national AIDS organizations.

"This epidemic now boasts the dubious distinction as the leading killer of blacks aged 24-44. True and fruitful partnerships between the AIDS community and the African-American community are long overdue. In the next year we will intensify our efforts to continue to make AIDS Action responsive to diverse communities, to see that any reform of the health care system meets the needs of people with HIV/AIDS, and to push for continued increases in federal funding for AIDS-related programs," said Cooper.

"AIDS has the potential to devastate our community, and no one is dealing with it in a comprehensive way. One of my goals is to encourage black leaders to deal with this. Something needs to be done to bring the services into the community."

Project 3000 by 2000 wins national award

Project 3000 by 2000, a major initiative of the Association of American Medical Colleges (AAMC) to increase the enrollment of underrepresented minority students into U.S. medical schools of up to 3000 each year by the year 2000, is the 1994 recipient of the American College of Physicians' (ACP) prestigious Richard and Hinda Rosenthal Foundation Award. The award recognizes original approaches to health care delivery that increase clinical and economic effectiveness.

Project 3000 by 2000 builds on a quarter century of efforts made by medical schools to increase minority enrollment. Since the launch of the Project in 1991, the number of underrepresented minority students enrolling in medical school has increased 18 percent.

In 1993, record numbers of underrepresented minority students took the Medical College Admission Test and applied to medical school. A record total of 1,863

underrepresented students enrolled in the 1993 entering class.

"Our goal as medical educators is to prepare the best possible physician workforce for the nation and that absolutely demands that all minorities are appropriately represented," said Robert G. Petersdorf, M.D., AAMC president emeritus who accepted the award on behalf of the Association at the ACP Annual Session held April 21 in Miami Beach, Fla.

"This award is a most deserved salute to the outstanding work of Dr. Herbert Nickens and his team at the AAMC Division of Minority Health, Education, and Prevention who lead the important charge for Project 3000 by 2000."

The initiative works to build partnerships among medical schools and the colleges and local school systems responsible for preparing the physicians and scientists of tomorrow.



Health and Human Services Secretary Donna E. Shalala (C) talks with former Olympic track star Florence Griffith Joyner (L) and tennis star Zina Garrison Jackson after swearing in Garrison-Jackson October 25 as a member of the President's Council on Physical Fitness and Sports. Joyner is co-chair of the council, along with Tom McMillen, the former pro basketball star and congressman from Maryland. Garrison-Jackson, from Houston, has contributed considerable time and effort to helping youngsters in urban areas.

Photo by Chris Smith

National 800 Tuberculosis 'Info-line' launched

A new national 1-800 line for tuberculosis information has been established by the University of Medicine and Dentistry of New Jersey (UMDNJ)-New Jersey Medical School.

The "TB Info-line," 1-800-4TB-DOCS was initiated by Dr. Lee B. Reichman, executive director of the new Jersey Medical School's National Tuberculosis Center at UMDNJ in Newark. And was established to provide callers with state-of-the-art information in the wake of the national resurgence of TB.

The hotline will answer any TB-related questions from health care workers, the general public and the media.

The Center's senior medical staff of physicians and nurses will handle incoming calls from 9 a.m. to 5 p.m. weekdays, and a message-answering machine will record calls during off-hours that will be returned the following business day.

The "TB Info-line" is funded by the National Centers for Disease Control and Prevention in Atlanta.



The Exxon Tiger has been touring children's hospitals in New Jersey, bringing good cheer and some gifts to ailing children who need a little lift. Joining the big cat on the hospital tour are the Lion King, Barney the dinosaur, and other costumed characters. Shawnette Gordon of Irvington, a hospital secretary at Children's Hospital of New Jersey in Newark, gets a big hug from the Tiger during the hospital tour.

Photo by Alice Thompson

Women of color are often women with cancer.

Most women don't know the facts. That 1 in every 9 women will develop breast cancer in her lifetime. For women of color, though, the recent news is even more compelling. Several recent studies suggest that breast cancer may appear in a more deadly, faster-growing form in black women. And because black women are less likely to go for regular physical examinations, they are actually more likely to die from the disease. Breast cancer, in fact, is now the leading cause of cancer death in black women.

Age	Recommended
Age 40	Baseline
40-49	Every other year
Over 50	Every year

Recommended by the
American Cancer Society

But there is hope. When breast cancer is detected early, it is more than 90% curable. And one of the

best ways of ensuring early detection is by getting a mammogram at The Center for Breast Imaging. A mammogram is a safe, painless, low-dosage X-ray that can detect a

lump in your breast up to two years before a physical exam can. Having one mammogram a year can be the gift of life you give to yourself.



At The Center for Breast Imaging, the cost of a mammogram is only \$60. Most health insurance companies cover the cost of a mammogram and assignment (including Medicaid and Medicare) is accepted.

You can rely on the all-female staff of caring doctors and nurses at The Center for Breast Imaging to listen to your concerns and answer all your questions. Best of all, they

always share the results of your mammogram with you the same day, before you leave the office.

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API

1995 AUTO-PREVIEW



**AN EXCLUSIVE LOOK AT THE
1995 NEW CARS & TRUCKS!**

FORD MUSTANG

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NEW YORK • CHICAGO • LOS ANGELES

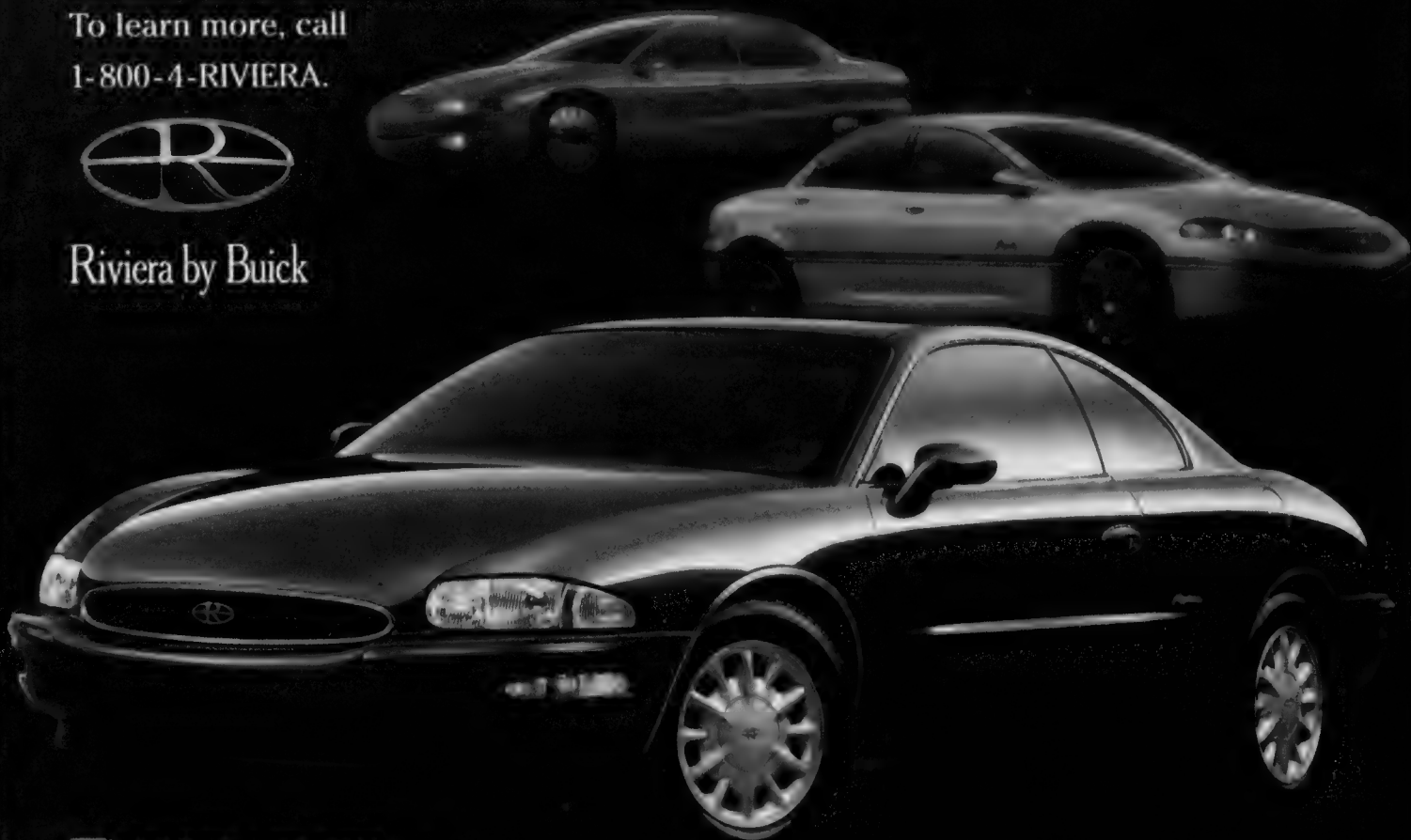
Finally, a concept car... comes to life.

The concept is simple: Design an innovative concept car — like the ones you see at auto shows — then make it available to everyone. Introducing the sleek, all-new 1995 Riviera by Buick. The roomiest coupe in the world today. With a body unit that sets new world standards for structural integrity among luxury coupes. And the highly efficient power of an available supercharged engine. See and drive Riviera at your Buick dealer.

To learn more, call
1-800-4-RIVIERA.



Riviera by Buick



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Buckle up, America!

BACK HOME AND ON THE ROAD AGAIN!

Detroit's finest have added new spices to their home-made recipes to give you the new and improved models for '95

CARS, CARS, CARS for '95 are more technologically advanced than ever before. Safety requirements have mushroomed since last year, styles have become exceptionally well-designed, turning 'plain ole' cars into lean, mean, pretty machines.

Yes, this year's models will comfort you with the new '95 safety features, romanticize you with the sleek '95 look, and astonish you with the '95 low prices. As you peruse the following pages, you will see the arrogance, confidence, and attitude of the '95 automobiles.

Detroit's finest-GENERAL MOTORS, FORD, and CHRYSLER have added new spices to their home-made recipes to give you the new and improved models for '95.

These new designs will satiate your taste buds and have you begging for *more home-made cars mom.....please.*

Amalgamated Publishers, Inc. (API) is proud to share with you the All-American 3rd Annual Automotive Preview of 1995.

The 1970s and '80s were the years American car makers took a hiatus, allowing foreign car developers to snatch their customers with good quality and lower prices. However, the Big Three attested that their comeback in the 1990s is here to stay, with America's improved safety features, on-going great qualities, styles and designs, all, at competitive low prices.

Domestic models are in high demand this year, internationally. America will try to reap all the benefits by exporting All-American automobiles to new homes on foreign soil. Ford's "world" cars (FORD CONTOUR/MERCURY MYSTIQUE) will be made and sold internationally, like Ford's first world car, the MONDEO, which is doing well in Europe.

No longer can one feel that the All-American trucks are *trucks*-today they're more car-like than ever before. Many models are equipped with a variation of the following features: Standard anti-lock braking system (ABS), driver's airbag, folding front seats, two-sided key for door and ignition (GM models), extra low prices, and 4-wheel drive that

(continued on next page)



1995 CADILLAC DeVILLE CONOURS - FEATURE CADILLAC'S NORTHSTAR SYSTEM WHICH INCLUDES THE 4.6-LITRE 275 HORSEPOWER ENGINE.

can go anywhere, making today's trucks a road force to be reckoned with.

To wet your appetite the following are some of the Big Three's competitive, extra low prices: FORD F-150 runs about \$13,000; GMC SIERRA full-size pickup is under \$15,000; CHRYSLER LeBARON runs about \$17,500; The most powerful TAURUS is Ford's Super High Output (SHO) - FORD TAURUS for \$26,000; CAVALIER and SUNFIRE range from \$10,500 to \$13,000; SATURN starts below \$10,000; DODGE and PLYMOUTH NEON Sedans are less than \$13,000; BUICK RIVIERA Coupe starts at \$28,000; Representing GM's value strategy the OLDSMOBILE AURORA Sedan starts from \$32,000; CHEVY BLAZER and GMC JIMMY range from \$18,300 to \$22,500 with driver's air bag, electronic shift, and upgraded interior, making the ride more comfortable and easier to handle; The all new mid-size DODGE STRATUS can be purchased under \$18,000; FORD ASPIRE Hatchback starts at \$8,240 with dual airbags; CADILLAC is indubitably back on the block with its new safety features and extra low prices at Manufacturers Suggested Retail Prices: ELDORADO TOURING Coupe - \$41,535, SEVILLE TOURING Sedan - \$45,935, ELDORADO - \$38,220, SEVILLE LUXURY Sedan - \$41,935, DeVILLE CONCOURS - \$39,400, DeVILLE - \$34,900 and the FLEETWOOD - \$35,595.

As you can see, the '95 home-made automobiles are definitely in full effect, ready to compete against the toughest car makers and car drivers. Good luck and we'll see you on the road again, here, at home!



1995 FORD EXPLORER

FORD

ASPIRE - Aspire's safety elements unsurpasses any other subcompact car for 1995. The list includes a standard air bag supplemental restraint system (SRS) for driver and front passenger and an optional anti-lock braking system (ABS). Childproof rear-door locks are standard on the five-door model.

PROBE - Outstanding design-exterior refinements for 1995 include redesigned taillights for both the Probe and Probe GT models. In addition, the GT has a restyled rear bumper cover and a choice of new 16-inch five-spoke aluminum wheels.

MUSTANG - Mustang and Mustang GT models are offered in coupe and convertible versions. Convertibles, with such amenities as a color-keyed cloth headliner and heated rear window in the easy-up, easy-down soft top.

The Mustang series is powered by a 3.8-liter V-6 engine. Mustang GT has a 5.0-liter High Output V-8 under the hood. A five-speed manual overdrive transmission is standard, and an electronically controlled four-speed automatic overdrive transmission is optional.

THUNDERBIRD - Wraparound interior design blends contemporary good looks with comfort and convenience. Thunderbird comes in two models — the LX and the Super Coupe. The LX's standard 3.8-liter V-6 engine is linked to a smooth-shifting electronically controlled four-speed overdrive automatic transmission. The LX also may be ordered with an optional 4.6-liter V-8 engine. The engine is standard with the sporty Super Coupe. A new option for 1995 is an electronic AM/FM stereo radio with a compact disc player and premium sound.

CONTOUR - An all-new five-passenger sedan whose aerodynamic styling and exceptional power and performance reflect its global origins. Contour will be offered in three series — the GL, the upscale LX and the sporty SE. It features Ford's all-new all-aluminum low-maintenance 2.5-liter 24-valve DOHC V-6 engine and four-wheel disc brakes. Platinum-tipped spark plugs enable the 170-horsepower Duratec engine to hit 100,000 miles before its first scheduled tune-up.

TAURUS - The new five-passenger SE model has sport bucket front seats (similar to those on the Taurus SHO), cast aluminum wheels, and crystalline clear headlight lenses. A rear-decklid spoiler is available as an option.

CROWN VICTORIA - The grille design and bumper facing are new. The heated outside mirrors are color-keyed to the body paint, as is the bodyside molding. The rear-end styling is freshened with redesigned taillights and bumper facing. The horizontal decorative trim panel also has a new look. The decklid has been redesigned and it is now made of aluminum, like the Crown Victoria's hood.



1995 & 1955 FORD THUNDERBIRDS

SEVILLE STS

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was the first to let you drive
100,000 MILES
before your first scheduled tune-up.
MY COMPANY.



Dale A. Webley, Cadillac Staff Project Engineer

”

NORTHSTAR SYSTEM: "Engineering the Northstar System

is like being on a championship team. We have the engine the competition is trying to beat.

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1995 BUICK REGAL GRAND SPORT COUPE

F-SERIES - The Eddie Bauer F-150 is exceptionally well equipped with air conditioning, speed control, tilt steering wheel, power door locks and windows, electronic AM/FM stereo radio and cassette tape player, remote-control outside mirrors, distinctive two-tone lower accent paint, forged aluminum wheels, cab steps, and "40/20/40" front bench seat.

BRONCO - A new trim package joins the Ford Bronco lineup for 1995. The XLT Sport Package is available in any of three eye-catching clearcoat colors — Bright Red, Black and Oxford White - with matching grille, bumpers and cab steps. It has forged aluminum deep-dish wheels. Options include an air-conditioning system free of CFCs, a remote-control keyless entry system, and a choice of audio system upgrades from the standard electronic AM/FM stereo radio.

RANGER - All Ranger models have a new grille plus a new instrument panel and seat trim. A driver's air bag supplemental restraint system (SRS) is standard. Another major safety addition is a new front-end crush-energy management system designed to absorb the energy of an impact.



1995 FORD BRONCO

EXPLORER - Sports an aerodynamic look, with a sloping hood and new fenders, bumper, headlights and grille. Redesigned bodyside moldings and taillights round out the new look. Also new is a choice of 15-inch cast aluminum or 16-inch chrome steel wheels.

ECONOLINE - A sliding side cargo door is available on Super Club Wagon and Super Van models. Six new clearcoat metallic paints are available on the full range of Econoline vehicles — Champagne, Dark Red Berry, Medium Willow Green, Light Willow Green, Eclipse Blue and

Portofino Blue.

WINDSTAR - Is carlike in ride, handling, comfort and quietness, yet provides the roominess, flexibility and utility of traditional minivans.

AEROSTAR - Continues to offer the qualities and features that rear-wheel-drive minivan owners want —reliability, durability, comfort, safety and excellent trailer-towing capability. Both Aerostar versions - the seven-passenger wagon and the cargo van, have a new occupant-protection feature. Side-door guard beams join the driver's air bag

supplemental restraint system (SRS) and rear anti-lock brakes as standard equipment.

GENERAL MOTORS

BUICK - 1995 Lineup Include: RIVIERA, PARK AVENUE AND PARK AVENUE ULTRA, ROAD MASTER SEDAN AND ESTATE WAGON, REGAL, LeSABRE, CENTURY, AND SKYLARK.

Performance, safety, comfort and convenience of all Buick models have been enhanced for 1995. The new Riviera offers a stylish exterior and a spacious, comfortable interior. Riviera has a world-class body structure for strength and safety, a choice of smooth, powerful V-6 engines and an extensive list of standard safety features.

Typical of the improvements throughout the Buick line are a new family of radios and new climate controls, which appear in many 1995 Buicks. Large, logical controls and displays make these new systems easy to use.

For 1995, all Buicks continue to offer advanced safety features such as driver air bags and anti-lock brakes as standard equipment. Most Buick models also include front passenger air bags.



1995 BUICK PARK AVENUE ULTRA

Newport



*Alive
with pleasure!*



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1995 OLDSMOBILE AURORA

New for 1995, and featured on many Buick models, is a guide system that increases the comfort of rear seat shoulder belts for children and smaller adults.

AURORA - Aurora is specifically targeted at the lower priced end of the luxury automobile market segment. The consumers that comprise this segment are well educated and affluent and many of them may be driving an import while harboring a strong desire to buy a quality domestic brand. While many of these target customers may have never owned an Oldsmobile, others loyal to the brand said that Aurora is precisely the car they've been waiting for. Despite the many choices available to them, customers in the luxury segment do share one common trait: A willingness to spend what is necessary to satisfy their strong desire for an exceptional blend of style, luxury, performance, and quality.

Aurora is powered by an exclusive state-of-the-art 32-valve V-8 engine that works in harmony with a four-speed electronically-controlled automatic transmis-

sion to deliver responsive acceleration, seamless driveability, and competitive fuel efficiency. A transverse front wheel drive layout was chosen to maximize the space available for passengers and their luggage while ensuring superb all-weather traction and responsive handling characteristics. Underhood innovations include a composite intake manifold, an optical oil-level sensor, and dry-sump lubrication for the Hydramatic transmission. To minimize weight, major engine and transmission components are aluminum, magnesium, or composite materials.

CADILLAC - 1995 Lineup Include: **ELDORADO TOURING COUPE**, **SEVILLE TOURING SEDAN**, **ELDORADO**, **SEVILLE LUXURY SEDAN**, **DEVILLE CONCOURS**, **DEVILLE**, **FLEETWOOD**. The Eldorado and Eldorado Touring Coupe lead Cadillac's enhanced model lineup for 1995. They benefit from newly styled front and rear molded fascias, a new front grille design and revised rear appearance at the bumper and license plate pocket. The result is a more appealing exterior shape and simplified, refined exterior cues. All, Eldorado, Seville and DeVille Concours models feature Cadillac's Northstar System which includes the 4.6-liter Northstar engine, 4T80-E 4-speed electronic transmission, Short/Long Arm Rear Suspension, Speed-Sensitive Steering, Road-Sensing Suspension and ABS Brakes with Full-Speed Traction Control.

Engine output is increased by five horse power on all Northstar-equipped models because of an improved fluid induction system which increases air flow efficiency through smoother, more perfectly shaped intake tuning tubes. On Eldorado Touring Coupe and Seville Touring Sedan engine



1995 CADILLAC ELDORADO TOURING COUPE

output is 300 horsepower. SLS, Eldorado and DeVille Concours are equipped with the 275 horsepower.

A new Planetary gear starter, on all 1995 Cadillac models, features improved corrosion protection with added lubricants and improved sealing around the starter driveshaft.

Chassis engineers improve system integration for 1995, unveiling the Integrated Chassis Control System (ICCS) which expand the chassis system's capability to monitor and react to difficulties when driving.

With Twilight Sentinel "on," a new windshield wiper-activated

headlamp feature also is activated. When the windshield wipers are turned to the "on" setting and have operated for approximately 25 seconds, Twilight Sentinel will automatically turn on the headlamps. This new feature for all 1995 front-wheel-drive Cadillacs improves driver visibility in poor weather situations. In addition, to numerous platform improvements added to all front-wheel-drive Cadillac models, DeVille's long list of standard features grows to include Bosch ASR5 Full-Speed Traction Control, accent stripes, power trunk lid pull-down, plus a trunk cargo net, trunkmat and "trum-



1995 FORD CONTOUR GL



1995 FORD RANGER XLT

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in just seven shaves."

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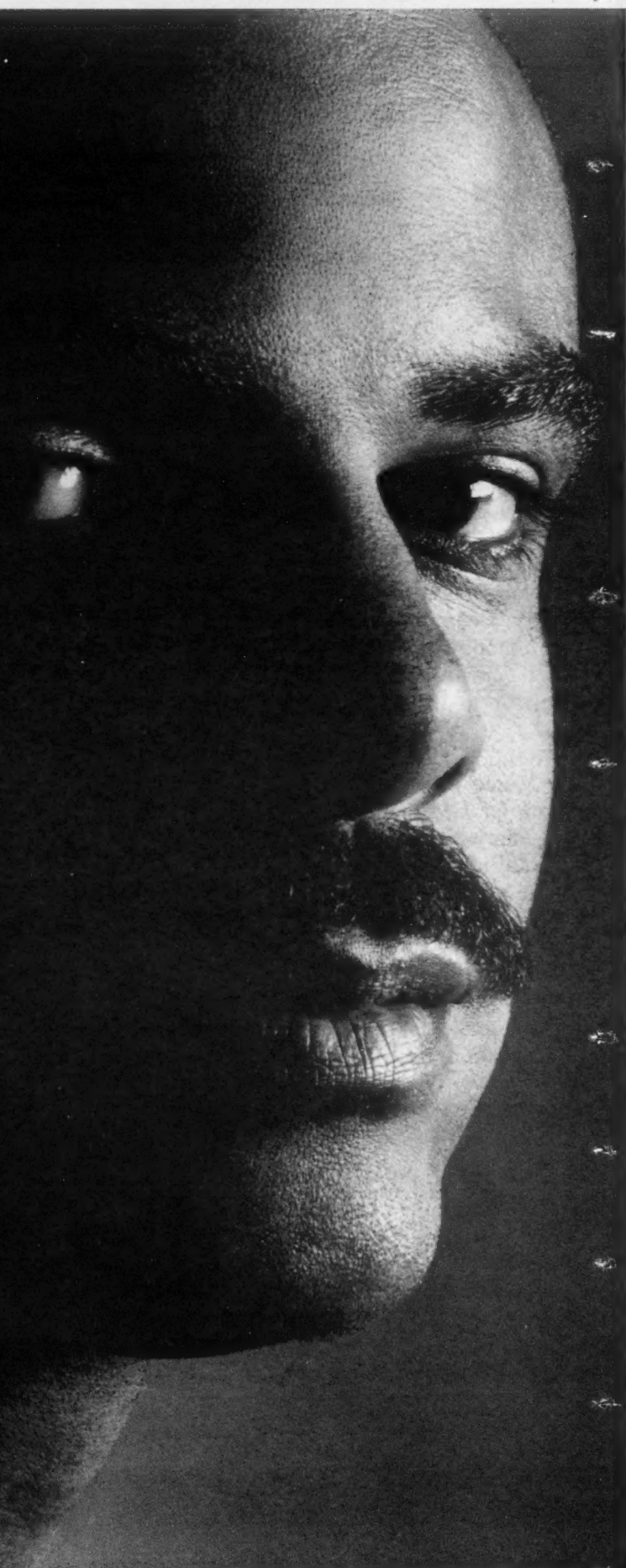
A scientific breakthrough developed with a leading African American dermatologist, it's the first treatment regimen with advanced Alpha Hydroxy Acid formulations to get you over the bumps while relieving the irritation and pain they cause. Black Opal for Men really works fast. You'll start to see a difference in just seven shaves.

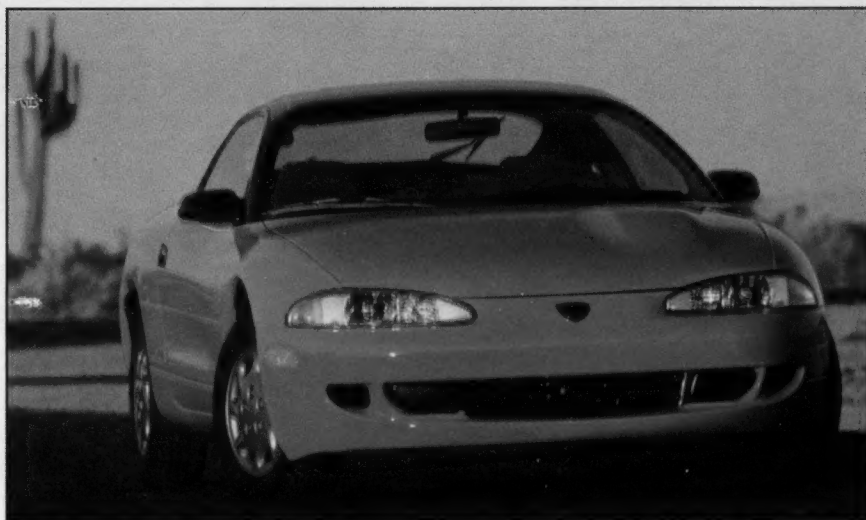


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1995 EAGLE TALON ESI

pet" horn.

Fleetwood adds Remote Keyless Entry, Central Door Unlocking, Automatic Door Locks and an electrochromic inside rearview mirror to its standard features list.

CHEVROLET - The 1995 Lumina and Monte Carlo will set new standards for GM manufacturing quality, interior quiet and everyday durability, while retaining the quiet competence and solid value that have made the Chevrolet name a force in the marketplace for 80 years.

The Chevrolet Lumina and Monte Carlo represent an important new direction for General Mo-

tors in vehicle development and manufacturing. They will be built in less time with significantly fewer parts in a more flexible and synchronous assembly plant. The object - lower cost, higher quality. Standard equipment includes dual air bags, air conditioning, automatic transmission, anti-lock brakes (LS and Z34 models), GM's patented "Pass Key II" electronic anti-theft system, power door locks, child-proof rear door locks (sedan), adjustable shoulder belts, a storage armrest with cupholder, a glove box that holds more than gloves, a low engine oil level sensor, and seat back storage pockets. The cupholders

that will accommodate most any size cup - big, soft, rubberized buttons and knobs on the radio, heater/AC controls (designed so they can be operated with a gloved hand). The Lumina and Monte Carlo will be the first cars in GM to use a new family of Delco radios, with a built-in graphic equalizer. Up level radios will have speed-sensitive audio. As the car's speed increases and outside noise becomes louder, the radio volume increases to compensate for the higher noise level.

The upholstery in the upscale model seats has more refined "French Seams."

Nighttime "theater lighting" is standard on both Lumina and Monte Carlo. It starts out bright when you get in the car at night, then gradually dims.

CHRYSLER

The 1995 Chrysler lineup offers breakthrough design, responsive handling and performance, and cab-forward roominess.

With innovative cab-forward design, Chrysler uniquely delivers functional luxury to the American car buyer. The LHS and New Yorker exemplify design leadership, sporting a luxurious appearance with graceful aerodynamic lines and a spacious, comfortable interior. Both the LHS and New Yorker are powered by a 3.5-liter V-6 that outperforms many V-8s.

The Chrysler LHS, New Yorker, Concorde, LeBaron Convertible and Town & Country return in 1995 with product refinements and new features.

The LHS offers a generous list of standard features that a mobile phone and a CD player are the only available options.

The Town & Country maintains its safety leadership for 1995, with four-wheel anti-lock brakes, side door beams and optional inte-



1995 LINCOLN TOWN CAR

grated child safety seats.

NEW FOR 1995 - HIGHLIGHTS: PASSENGER CARS:

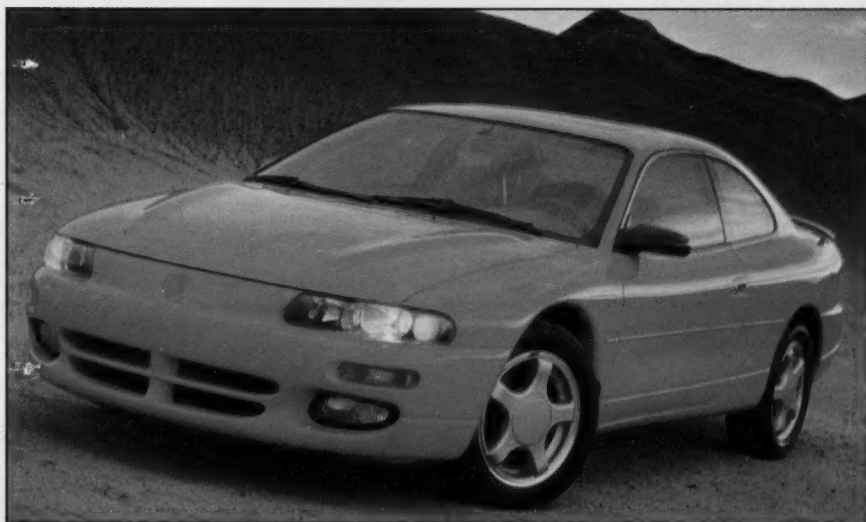
- Dodge and Plymouth Neon add a two-door bodystyle. Available in Highline and Sport Coupe configurations. The Neon Sport Coupe features a new 2.0 liter, 16-valve, DOHC four cylinder engine and a new sport suspension that provides true sport coupe handling.

- The all-new Eagle Talon is available in three models - ESi, TSi, and TSi AWD- Talon offers increased performance and safety over the previous models.

- The new Chrysler Cirrus and Dodge Stratus will be introduced into the import-dominated compact market during the 1995 model year.



1995 EAGLE TALON RACE CAR



1995 DODGE AVENGER ES

AMALGAMATED PUBLISHERS, INC.
"MOVING IN THE THE RIGHT DIRECTION"

Credits: Michael A. House, President; Isaac Lester, Midwest Regional Sales Manager; Marcia R. Harris, Project Coordinator, Editor. LOUIS/ROWE/LAWRENCE GROUP: Ian Paul Lawrence - Design & Layout.



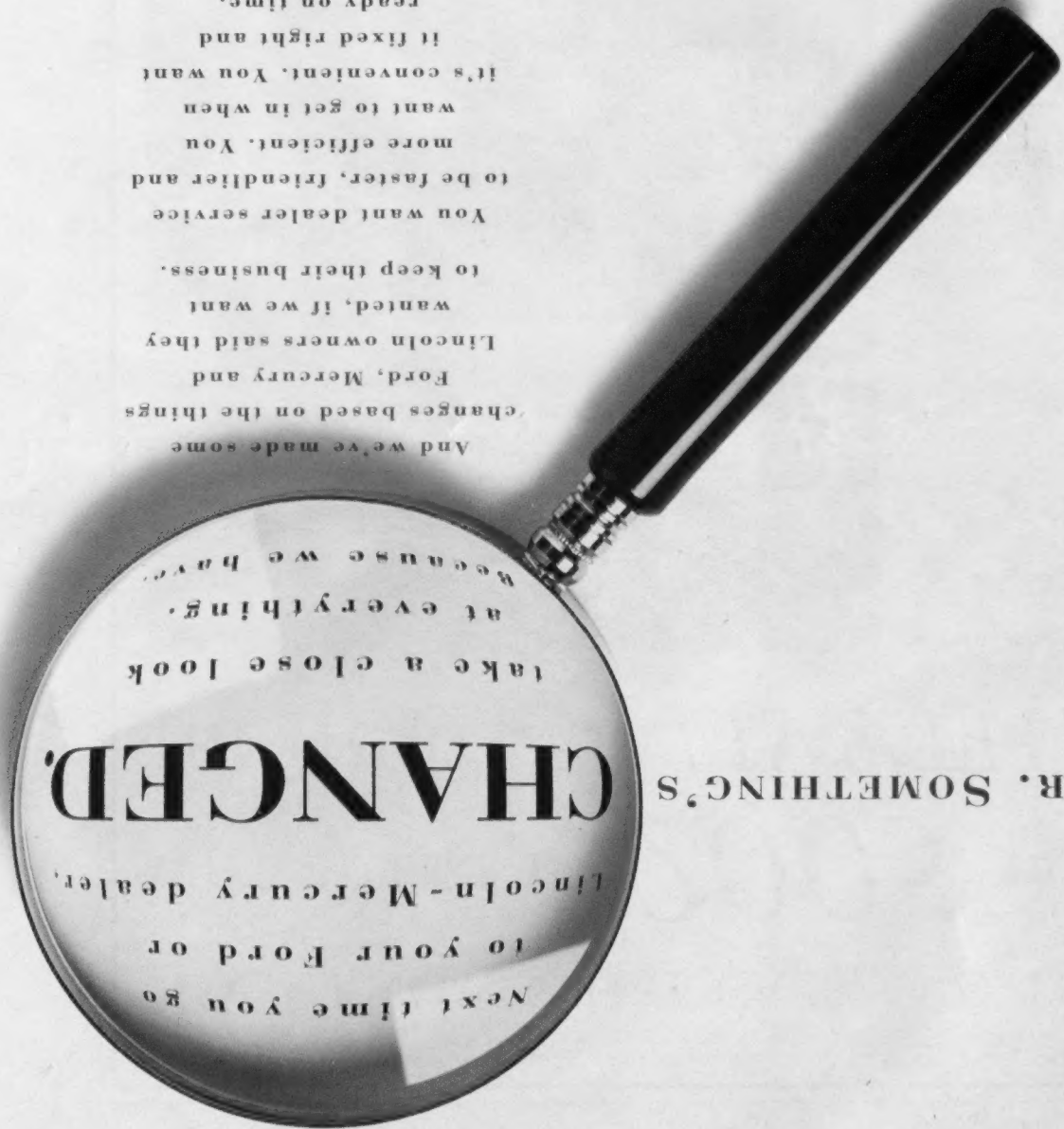
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BUCKLE UP-TOGETHER WE CAN SAVE LIVES.



FORD DESIGNERS FROM LEFT TO RIGHT:
SUZAN K. WESTFALL, DAVID HILTON, GARY BRADDOCK, SOO KANG, PAUL ARNONE, AARON WALKER

At Ford Motor Company, we give our young designers all the tools they need to help them INVENT THE FUTURE. We even link them electronically to other Ford design studios from Turin, Italy to Melbourne, Australia. In this "GLOBAL STUDIO" environment, these men and women of the computer age design vehicles for people living in a RAPIDLY CHANGING WORLD. In this way, our customers get what they want before they even know they want it. To us, that's part of what quality is all about.

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